

Tips for Independent Toileting

All children entering our Casa program **must be able to toilet independently**. It is important to work now with your child to ensure they are confident with...

- Going both pee and poo on an adult-size toilet, using a toddler toilet seat insert and a step-up stool to reach it
- Pulling down elastic waist pants / underwear and pulling up again on their own
- Wiping successfully (pee and poo)
- Knowing how to verbally ask for assistance if needed to wipe, or to help get their clothes back on

Diapers and PullUps are not allowed for children entering Casa, as we do not have changing facilities in the Casa rooms.

We provide support to all children in our Casa classroom to toilet successfully, such as regular reminders to use the toilet, supervised cohort visits to the bathroom, and supervision to ensure proper hand sanitization following toilet use. We will support a first-year Casa child who verbally requests assistance to wipe after poo during the first 2-3 months of the year.

However, we do respect privacy of our Casa-aged children – if we offer help, and no help is requested, we will NOT force assistance. Please remind your child to ASK and CONFIRM if help is needed if an educator asks.

Pulling down and up pants

We recommend that children who are recent graduates into independent toileting wear the elastic waist uniform pants or the skort for their first year with us. Have your child practice putting on, pulling up, and taking down their uniform pants many times on their own at home, ideally NOT when they have to go to the bathroom! Let them start wearing their uniform bottoms early, or grab some simple elastic waist bottoms from WalMart / Superstore to wear in August (shorts, skirts, etc.). Have them dress themselves in the morning, and have them practice during the day. Have them practice on the toilet step stool as well when they **don't** need to use it, so they can practice turning around, pulling pants down, and sliding on to the seat backwards.

Wiping

It's important that your child can wipe their own bum – even for poo!

- Teach them how much toilet paper they need. Show them how to rip off a strip that is up to their elbow from their hand.
- Show them how to fold the paper into an appropriate wad. Let them try many times.
- Teach to wipe from front to back. This is important to prevent urinary tract infections in girls. Let them try to do it naked on the toilet, but when they don't need to actually go to the bathroom, so you can correct them.
- Tell them to use each wad of toilet paper only once.

- Show them how to lean to the side, to wipe front to back, to check and see if there is still poo on the paper, and to throw it in the toilet. Tell them to keep doing this step until there is no brown marks on the paper.
- Have them do the whole process naked on the toilet when they don't have to go so you can take your time, check, and correct.
- The next time they do go, have them call you so you can watch and correct.
- If they are more comfortable or stable, have them stand to wipe. Show them how to bend their knees to help things 'open' in order to wipe.

A silly technique that can work is putting some peanut butter or similar substance on a blown-up balloon, and showing them the pressure needed to wipe it off. ☺

Asking for help

At Aspen Hill, teachers will always ask from outside the stall 'how are you doing?' and 'do you need any help?'. Start using these phrases at home while waiting outside of the bathroom when your child is going, and teach them what to say in response if they DO need a hand. That way, they will be used to the 'call and response', and can secure the help they need.

Please know that our teachers will NEVER make your child feel bad or embarrassed for a bathrooming accident. We will simply help them get cleaned up, changed, and go back to their activities.

Let us know!

If your child is struggling with an aspect of toilet learning; may need extra reminders or support at the start of the year; or has particular fears or challenges, please let us know. We will work with you to develop a solution to ensure your child's bathrooming experience at Aspen Hill Montessori is a smooth transition.