

## SHARING THOUGHTS ABOUT DIAPERING AND TOILETING

### Dear Families:

If your child's diaper is changed six times a day for 2 1/2 years, he or she will have had a diaper change more than 5,400 times. Anything experienced 5,400 times is an important part of your child's life—and of yours. Over time, your child will become physically, cognitively, and emotionally ready to begin using the toilet. We will celebrate this milestone together!

While diapering may not be your favorite task, it can be a special time for you and your child. It offers a chance to focus all of your attention on your child. You can talk together, sing, or play a game of “Where are your toes?” When you approach diapering as an opportunity to spend time with your baby, rather than as an unpleasant task to hurry through, you teach your child an important lesson: that bodily functions are a normal, healthy part of everyday life.

### How We Can Work Together

- **Let's share information about diapering and toileting.** Tell us how you approach diapering at home. How often do you change your baby's diaper? How do you know that the diaper needs to be changed? Are there any special instructions for diaper changes? Here, we keep track of when we change your child's diapers every day. Be sure to take a look at our daily log and let us know if you have any questions.
- **Please make sure that we have changes of clothing so we can keep your child clean and dry.** Don't be surprised or upset when we send home soiled clothing in a tightly closed plastic bag. Germs can be spread easily during diaper changing, and experts tell us not to rinse soiled clothing at the center. This procedure helps keep your child healthy.
- **Let's talk about approaches to helping children learn to use the toilet.** We'll look together for the signs that your child is ready to learn to use the toilet. We'll also talk regularly about your child's progress. Then we can then decide together about ways to support your child and resolve any differences we may have.
- **Remember that toileting accidents are normal.** Learning to use the toilet takes time. Even children who can use the toilet successfully sometimes have toileting accidents. Having realistic expectations allows us to respond to toileting accidents matter-of-factly. We have some great books that you can read to your child about going to the toilet. *Everyone Poops*, by Taro Gomi, is sure to become a family favorite!

By keeping a sense of perspective and a sense of humor, we can give your child the time and support needed to learn to use the toilet.

Sincerely,

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