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## A Letter to Families About Diapering and Toileting

Dear Families,

Diapering and toileting are daily events in a family child care home. I change babies' diapers, help children learn to use the toilet when they are ready, and help children develop good health habits such as washing their hands after toileting.

Although 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.

Over time, your child will become physically, cognitively, and emotionally ready to begin using the toilet. We will work together to make this a good experience for your child, and we will celebrate this milestone together.

Here's how we can work together:

- **Let's share information about diapering and toileting.** Tell me 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? What kind of diapers do you use? Are there any special instructions for diaper changes? Let me know what words your child will use to tell me that he or she needs to use the toilet.
- **We can talk about how to work together to help your child learn to use the toilet.** We'll look together for signs that your child is ready. We'll also talk regularly about your child's progress. Then we can 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. We can both respond to these in a matter-of-fact way.
- **Please make sure I have diapers and changes of clothing.** Don't be surprised if I 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 in family child care homes. This procedure helps to keep your child healthy.

By keeping a sense of humor, we can make diapering and toileting times enjoyable and a time for learning.

Sincerely,

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