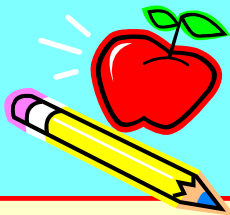


Spring 2010



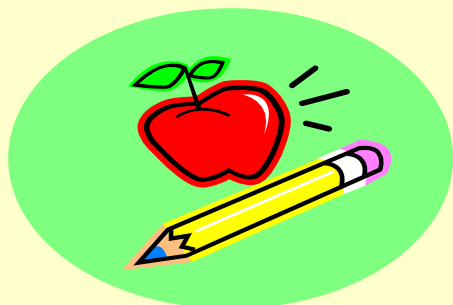
Aldersgate
Preschool
Olathe, KS

Newsletter Date
Volume 2, Issue 2

Discovery Days Newsletter

Welcome Spring

I hope that you all had a wonderful spring break. How did you like the snow? At least they say if you don't like the weather in Kansas, wait 5 minutes and it will change. Thinking of change what a difference we have seen in your children. They have all grown so much. I hope all of you enjoyed your DVD's that we made for you. We look forward to more milestones as we finish out our school year.



When's the Right Time to Potty Train??

If you can successfully figure out when the right time to start potty training is then you have half the battle already won. It is a very critical decision and timing is everything.

While some children are ready to potty train around 24 months, most will not complete the process until they are closer to 36 months or 3 years old. Trying too early only confuses the child and frustrates the parents. It also makes the process more difficult in the long run.

Potty Training 101

If your child is giving you some of the following signs, go ahead and try.

Physiological readiness signals for potty training (bladder and bowel control)

--child's awareness of the need to go--demonstrated by squatting, grunting, hiding when child feels the need to eliminate.

--No BM's throughout the night

--dry diaper for more than 2 hours and upon waking from nap/and or morning

--able to go a lot at one time

--some regularity of bowel movements

Motor skills readiness signals for potty training are:

--Is your child able to undress him/herself?

--Is your child able to pull up and down his/her own underwear and elastic waist pants?

Verbal and Cognitive readiness signals for potty training are:

--Can your child follow simple instructions, like where is your nose? To more complex directions, like let's pick up your toys and put them here.

--Has the vocabulary required to follow your instructions— i.e. understands words such as potty, toilet, wet, dry, underwear, "big girl/boy" etc.

--is able to **verbalize** they need to use the potty

Potty training 101 cont.

Emotional growth and social awareness readiness signals for potty training are:

--desire to master one's own body and environment—manifested by “I can do it” or “I am a big boy/girl now”

--child's desire for parental approval

--child's desire to imitate and desire to be like others (Mom, Dad, sister, brother)

--asks to wear underwear

So you have seen some the readiness signals in your child, let's get started.

Before you start introduce the potty chair or seat.

Demonstrate with a doll or even let the child watch you.

Make it a big deal. This is exciting. Give rewards if that helps. Take time to practice, practice, practice pulling up and down underwear and elastic waist pants.

Be sure you are ready to commit to the process, no more diapers or pull-ups, except naptime, bedtime and school if necessary. Choose your words that you want them to use, “potty, pee-pee, etc.” Use lots of encouraging words. Be prepared for accidents and just remind them gently it's time to potty in the toilet. **Before** you send your child to school in underwear, please talk with one of your child's teachers. It is a very different experience at school then at home. They get very busy at school and “forget” to tell us they need to go. Be sure to send plenty of extra clothes, *including shoes*. Take them in the morning to the bathroom to show them where they need to go. Remind them to tell a teacher before they need to go. This process is time consuming and will take a while to complete, but with some patience and love it will all be over soon.

Adapted from: www.pottytrainingconcepts.com

www.mypottytraing.com and

www.babyzone.com/toddler/potty_toilet_training

This Spring's Highlights

Monday, March 29th

Scholastic book orders go out

Friday, April 9th

Book orders are due.

Friday, April 16th

We are open even though Olathe schools are closed.

Tuesday, April 27th

We will have our last center wide devotional at 9:05 a.m.

Upcoming Events

We are going to be learning about our world this month. Since it is spring we will be planting some flowers and watching them grow.

Our books will look at the world around us and help us learn about water, flowers, insects, and birds.

We will learn about God and how he keeps us safe.

Thank You, Thank you!!

A big giant thank you to all of you who helped cut out things for our classroom while you waited in line to enroll your child(ren) for next year. It was very much appreciated.

As always thank you for sharing your precious children with us. If you have any questions, please call me at school or home.

Ms. Michelle