



Potty Training Guidelines

Sunset Mesa is licensed by New Mexico to only accept children who are potty trained. Here are the guidelines we follow and that may be helpful in preparing your child for school:

- Children must wear underwear; diapers and pull ups are not allowed.
- While it is routine for the teachers to incorporate multiple bathroom trips throughout the day, the young child should understand his/her body well enough to tell the teacher when an extra bathroom trip is needed.
- Most children have occasional accidents, and we are most understanding and helpful in those situations. Those accidents shouldn't happen more than twice weekly, and even at twice weekly, they should quickly decrease in frequency.
- A young child can help him/herself get on and off the potty. Having easy fitting, elastic waist pants and underwear is most helpful for this level of independence. Teachers will certainly offer assistance on occasion.
- A young child can clean him/herself with toilet paper. This skill will improve as the child matures, but teachers are not expected to help a child wipe, except in very occasional situations.
- Children may need to change their underwear on occasion. Teachers will offer appropriate assistance, but they will also encourage age-appropriate independence.