

Pajaro Valley Unified School District Transitional Kindergarten Toileting Practices

The State of California has clearly stated that students may not be excluded from Transitional Kindergarten (TK) programs or schools based on their toileting independence. However, even when students can use the toilet independently, it does not mean they will never have an accident. Accidents can be common when students enter new settings such as TK.

PVUSD encourages parents to work on toileting independence with their students. Partnering with families is essential to help students achieve and sustain toileting independence. This guidance has been developed to create a welcoming and positive school climate for students and their families.

Understanding possible causes of daytime toileting accidents

❖ Fear of missing out

Students in early grades may be afraid they'll miss something socially if they go to the restroom, or they're so engrossed in their activities that they don't realize they need to go to the restroom.

Guidance:

Once your new student feels more comfortable with his/her new routine, the accidents at school will become less frequent.

❖ Clothing

All those cute new school clothes may get in the way of getting to the toilet on time.

Guidance:

Ask parents to dress their student in easy-on, easy-off (or easy lift-up) clothes, so he/she won't have a lot of snaps or buttons to get clothing off.

❖ Underlying Causes

When a toilet-trained student suddenly starts having accidents at school, there may be physical causes such as constipation, and urinary tract infections, or there may be behavioral or developmental reasons.

Guidance:

Communication with parents is critical. It is helpful to document toileting accidents to refer to when needed (date, time of accident, urine/bowel movement, etc.)

❖ Shyness

Some students may be too shy to let a staff member know they need to use the restroom. Also, some students do not feel comfortable using a "public restroom" and they will try to hold it until they get home.

Guidance:

Normalize the restroom. Show it off, and talk about it throughout the day. Remove stigma from talking about bodily functions and associated words, especially words from home. (ex. Caca, pee pee, crap, etc) Be proactive in addressing teasing or other stigmatizing conversations with peers. Read books, set up the environment, etc.

What can we do to help

❖ Work with the family

Staff members are there to help students and their parents adjust to school. That includes supporting toileting independence.

Guidance:

Request the guardian to pack extra clothes in a gallon ziplock labeled that may stay at school. Work with the guardian to create a toileting plan that will be followed at home and at school. Ask parents to send students in dry undergarments.

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❖ Classroom support

Set routines and use verbal reminders

Guidance:

Setting up a timer every 30 minutes is helpful in toilet training. Try to be consistent with who will be escorting the students to the restroom. Have students use the restroom upon arrival. Before and after a meal, during recess, before and after quiet time, and reentering the classroom from outdoor play. Usually, within two to three weeks of following a routine, the student will have a reduction in accidents. If accidents persist, a parent may want to take the student to the pediatrician to rule out health issues. Also watch for cues from students (ex. Squirming, grabbing genital area, hiding, refusing to get up, etc)

❖ What to do when a student has an accident

Maintain a positive and reassuring attitude. Help students develop self-care and hygiene skills. TK-age students occasionally need assistance with toileting dressing-especially if the student has had a toileting accident. Accidents can be embarrassing for students. It is important to provide support by verbally guiding the student through the process and return to the learning environment quickly and safely. Please remember to avoid using words like "dirty," "naughty," or "stinky" to describe bowel movements and urine. Use a simple, matter-of-fact tone. Under no circumstances should we ever "shame" a student.

Guidance:

- If a student does not have a change of clothes or is unable to be assisted verbally, send the student with a staff member to the office for support or for a guardian to be called regardless of the type of toileting accident.
- All toileting accidents will be recorded on a toileting accident log and initialed by the staff member who managed the toileting accident and another adult.
- Supplies such as trash bags, Sanitizer/disinfectant, cleaning/sanitary wipes, gloves, etc will be provided by the school site.

Guidelines for when a change of clothing is available

1. If there is a urine or simple bowel movement accident, clothing is available at school, and a restroom is in the class:
 - a. The student will be directed to go to the restroom, with their change of clothes. The student will change their clothes and place the soiled clothes into a bag to be taken home.
 - b. If the student needs verbal help the staff member can assist.
 - Leave the bathroom door open while you help the student
 - Notify other adults in the classroom you are supporting a student
 - Guide the student to wipe themselves and provide support as needed
 - c. The staff member will make sure to remind the student to wash their hands.
 - d. The staff member will contact the guardian to advise them what happened and to remind them to replace the clothing kept at school.
2. If there is a urine-based accident, clothing is available at school, and NO restroom in the class:
 - a. Student will be escorted by a staff member to the front office and then taken to the appropriate bathroom. In the bathroom, the student will change their clothes and place the soiled clothes into a bag to be taken home.
 - b. If the student needs verbal help the staff member can assist.
 - Leave the bathroom door open while you help the student
 - Notify other adults in the classroom you are supporting a student
 - Guide the student to wipe themselves and provide support as needed
 - c. The staff member will make sure to remind the student to wash their hands.

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- d. The staff member will contact the guardian to advise them what happened and to remind them to replace the clothing kept at school.
3. If there is an extreme bowel movement accident:
 - a. Student will be escorted to the office by a staff member with their change of clothes. Staff members may be asked to verbally support the student. In a bathroom, the student will change their clothes and place the soiled clothes into a bag to be taken home.
 - b. If the student needs verbal help the staff member can assist
 - Leave bathroom door open while you help the student
 - Notify other adults in the classroom you are supporting a student
 - Guide the student to wipe themselves and provide verbal support as needed
 - c. The staff member will make sure to remind the student to wash their hands.
 - d. The staff member will contact the guardian to advise them what happened and to remind them to replace the clothing kept at school.
4. Do not rinse soiled clothing in the toilet or elsewhere
5. Label all bags of student clothing
6. Bloodborne pathogen training(s) will be provided to all staff working with TK-age students.
7. Health supplies kit (gloves, wipes, 1 gallon+ bags) sanitizer, and a toileting accident log will be provided as needed.

Guidance for accidents on the floor or carpet:

While a staff member is supporting the student in the restroom, another person will make sure the soiled area is inaccessible to the other students. Cover the area with disposable paper towels if an accident occurs on the linoleum. Then call the site custodian to assist with cleaning and disinfecting. If an accident occurs on the carpet, make sure the soiled area is inaccessible to other students. Then call the site custodian to assist with cleaning and disinfecting. This may require evacuating the classroom and taking the students into a different learning environment.

Even when students are independently using the restroom, they may have some normal accidents (when excited or playing a lot), or setbacks due to illness or emotional situations. If accidents or setbacks happen, be patient. Examples of emotional situations include moving to a new house, illness or death in the family, or a new baby in the house.

Please note that the California Department of Education has not established regulations that prevent a teacher from supporting students with toileting practices, it is the goal of PVUSD to have all staff who work with TK students to be part of their social/emotional, physical and academic learning. This includes a wide variety of skills that students will need to learn including toileting.