



EDUCARE

CHILD CARE PROVIDERS,

Below is a great article taken from Parents Magazine on potty training tips for parents. Feel free to make copies of this to distribute to parents of children that are at (or about to be at) the potty training stage of their development. Educare has many resources (books and videos) on potty training that you are always welcome to use. We're here to help!



Tips on Preparing for the Potty

Teaching a child to use the potty needn't be hard work. But it does require significant preparation for both the child and the parent. Here are some tips on preparing for the potty.

- **Make potty training your top priority.** Make potty training a top priority on a consistent basis when you have the emotional and physical energy to do it. Even if your child shows signs of potty training readiness, you may not be ready for it as a parent.
- **Clear your schedule before training.** Select a time to begin the potty training when your family's routine is least likely to be disturbed with house guests, vacations away from home, a move, and so on. Make sure you're not pre-occupied with other major commitments such as work, either. Long holiday weekends are ideal to start.
- **Choose your words carefully.** Decide what words you use to describe body parts, urine, and bowel movements. Avoid using words like "dirty," "naughty," or "stinky" to describe waste products. These negative terms can make your child feel ashamed and self-conscious. Treat urination and bowel movements in

a simple, matter-of-fact manner.

- **Explain the way things should be.** At the

start, explain to your child that it's time to put her "pee-pee" and "poo-pee" in the potty. Tell your child that when s/he feels the need to go she should hold it in just long enough to walk to the potty, sit down, and let it go.



- **Talk up the advantages.** Talk to your child about the advantages of being trained: no more diaper rash, no more interruptions for diaper changing, and the pleasure of being clean and dry. Discuss training as an important stage of growing up.

- **Use dolls or action figures.** Sit your child's favorite doll or action figure on a pretend toilet, explaining "the baby is going pee-pee in the potty." Put diapers on his favorite stuffed bear. Then graduate the bear to underwear.

- **Introduce a book or video.** Present books and videos about

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1:00 P.M. to 5:00 P.M.

Monday - Friday

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toilet learning so your child can see other children learning to use the potty. These materials are available online or in your local bookstore. And just as some adults enjoy reading materials while sitting on the toilet, a toddler's favorite books can help the minutes quickly pass.

- **Pick a potty day.** Get a calendar and ask your child when s/he wants to begin to learn how to use the potty. Circle the date in a bright color and keep reminding her/him that "potty day" is almost here.
- **Check the seat.** Watch the tilting toilet seats. Some seats have a tendency to fall quickly when put upright. If the seat tilts or must be supported by hand, change it. The seat must stay up so it doesn't fall down and strike a boy's penis when he is urinating standing up.
- **Squash the roll.** If your toddler likes to unroll the toilet paper, try this. Before you put a new roll on the roller, squash the roll so that the cardboard roll inside is no longer round. This way, it will not unroll as fast. Also, little ones who are potty training will not get too much paper per tug on the roll.

**For more information on Potty Training, visit:
www.ParentsMagazine.com**

The following is Parents Magazine's list of the top 14 Potty Training books.

1. **Once Upon a Potty** by Alona Frankel
2. **Everyone Poops** by Taro Gomi
3. **I Want My Potty** by Tony Ross
4. **My Big Girl Potty** by Joanna Cole
5. **Sam's Potty** by Barbro Lindgren
6. **The Potty Book for Boys** by Alyssa Satin Capucilli
7. **The Princess and the Potty** by Wendy Cheyette Lewison
8. **Uh Oh Gotta Go—Potty Tales from Toddlers** by Bob McGrath
9. **What Do You Do With a Potty?** by Marianne Borgardt
10. **When You've Got to Go** by Janelle & Michelle Kriegman
11. **Keys to Toilet Training** by Meg Zweiback
12. **Mommy I Have to Go Potty!** by Jan Faull
13. **Potty Training for Dummies** by Diane Stafford & Jennifer Shoquist, M.D.
14. **Toilet Training: A Practical Guide to Daytime & Nighttime Training** by Vicki Lansky



Hi, my name is Paula Franks and I am the new Assistant Child Care Trainer at Educare. I have been



in the child care field for about six years, working with area child care facilities and in the Head Start Program. In May of 2008 I graduated with a bachelor's degree in child development. I believe that children are our future and it is important to give them the tools that they need to help them succeed in life. This is my life's goal! I can't wait to get to know you!

— Paula Franks

Paula wants to meet you! She will be calling to schedule visits with your facility soon. She has already had the great opportunity to meet some of you and to do activities with your children, and she's having a GREAT time!

Each visit will include learning activities with the kids, focusing on a specific age group for each visit. Paula will even go along with the theme you are using at the time if at all possible! Be sure to tell her if you have a specific theme that she can prepare for.

If you would like to schedule a visit with Paula, just give us a call (760-0212)! Paula works on Tuesdays and Thursdays, so that will be the best time to reach her.

August Fun Calendar

MONTHLY EVENTS:

- Children's Vision & Learning Month
- Foot Health Month
- National Back to School Month
- Family Fun Month
- National Literacy Month
- National Parks Month
- Almost Too Late to Get a Tan Month
- National Napping Month

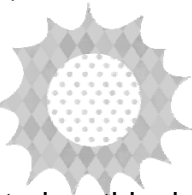
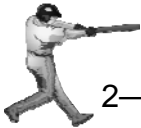


- Play in the Sand Day
- 12-Truck Drivers Day
- 13-International Left Handers Day
- Eyeglasses Birthday 1287
- 14-Senior Citizens Day
- Wiffle Ball Birthday 1953
- 15-Bob's Birthday (Sesame Street)
- Wizard of Oz Day (Movie Premiere 1939)
- 16-Roller Coaster Day (Patented 1898)



DAILY EVENTS:

- 1—Respect For Parents Day
- Play Ball Day
- San Francisco Cable Car Day 1873
- 2—National Ice Cream Sandwich Day
- Dinosaur Day
- 3—American Family Day
- Air Traffic Controllers Day
- Prairie Dawn's Birthday (Sesame Street)
- 4—National Chocolate Chip Day
- Hooray for Kids Day!
- Kentucky Fried Chicken Birthday 1952
- 5—Little Orphan Annie's Birthday 1924
- Take a Walk on the Moon Day (Neil Armstrong's Birthday)
- 6—Wiggle Your Toes Day
- Half Way Point of the Summer
- 7—Beach Party Day
- Purple Heart Birthday 1782
- 8—Dollar Day (US Dollar was created on this day in 1862)
- 9—Smokey the Bear's Birthday 1944
- Book Lovers Day
- 10-Lazy Day
- Spoil Your Dog Day
- 11-Mall of America Birthday 1992



- 17-Wrench Birthday 1835
- 18-Women's Voting Rights Day
- 19-Snuffleupagus's Birthday (Sesame Street)
- 20-Summer Cool-Off Day (Lemonade was invented in Paris in 1630)
- Bad Hair Day (Don King's Birthday)
- 21-Oldsmobile's Birthday 1897
- 22-National Tooth Fairy Day
- 23-National Gymnastics Day
- 24-Shooting Star Day
- Strange Music Day
- 25-Mickey Mantle Day
- New Orleans Birthday 1718
- 26-Toilet Paper Birthday Invented in 580
- 27-Banana Lovers Day
- 28-Dream Day
- 29-Mary Poppin's Birthday 1964
- 30-National Toasted Marshmallow Day
- 31-Herry Monster's Birthday (Sesame Street)



This Fun Calendar is from www.holidaysforeveryday.com



ATTENTION: Directors & Owners

As many of you know, the State of Missouri is conducting audits of childcare facilities that accept childcare subsidy. The compliance review team members are now coming to our area. The team checks paperwork and attendance records to ensure it is done with accuracy. Thousands of audits have been done and several hundred facilities have been closed

who were not in compliance.

Educare staff has been trained and offers Subsidy Orientation Training to assist you in understanding DSS authorization letters, sliding fees, and invoice/payments, etc.

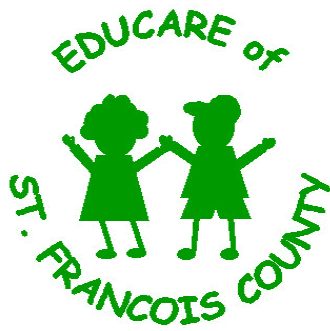
THE FOLLOWING training is being provided to registered providers and those referred to Educare for technical assistance by the review team. Clock hours are NOT provided. If you are unable

to attend at the scheduled time, contact Educare to schedule individual training.

You **MUST REGISTER** to attend. Classes will only be held if we have enrollees.

Subsidy Orientation Training Calendar:

Date: Aug. 12 **Time:** 10:00 a.m. **Register By:** Aug. 10



A Program of
St. Francois County
Community Partnership

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Promoting Quality Care
& Education of
Young Children

Focus Discussion Group

Tuesday, August 4th
6-7 P.M.

Call 760-0212 to register.

“CAUSE FOR CONCERN”

Presented by: Amy Franklin
of Child Care Resource and Referral

Thursday, September 17th
6:30-8:30 P.M.

Educare Conference Area at The FACTORY
Registration is required to receive clock hours.
Call 760-0212 to register.

SAVE THE
DATE!!

Scholastic
Book Fair
Sept. 2-18

“Licensing Rules & Regulations”

Presented by: **Valerie McCoy**

AUGUST 20th, 2009

6:30-8:30 P.M.

Educare Conference Area

Registration required to receive clock hours.

Call 573-760-0212 or 431-3173 to register.