

# Accidents at School — How to Make Your Preschooler Pals With the Potty Again

*Having accidents at school doesn't mean your preschooler needs to be toilet-trained all over again (phew!). But you'll need some training to tackle this potty predicament.*

Any kind of stressful situation can cause kids who've graduated from diapers to suddenly spring a leak. But being in a classroom presents other challenges that may cause accidents at [preschool](#). Your little one may feel embarrassed about telling the preschool teacher she has to go, uncomfortable using the unfamiliar equipment, or shy about peeing or pooping in group situations. She may also get so caught up in the buzz of the preschool classroom that she forgets to answer nature's call and winds up having accidents. Remember: [Accidents happen](#), and they happen often at preschool (where everyone's in the same just-trained boat). To help your little one get over this preschool and become a preschool potty pro:

- **Go with the flow.** Sure, it's frustrating to bring in a new backup pair of undies every day, but it's important to take potty backsliding in stride. Chiding her ("You know better than that!") or punishing her won't prevent her from having accidents at school. Plus, it can lower her self-esteem when she needs the boost the most. Tell her that having accidents is perfectly natural, reassure her that next time she'll get to the potty on time, and then drop the subject.
- **Take a toilet tour.** To raise your child's comfort level in the school bathroom, show her that the potty, toilet paper, and sink work the same as the ones at home. Have her give it a whirl while you're there.
- **Help her shy away from shyness.** Point out that everyone at preschool pees and poops — even the other kids *and* the teacher. Help her gain some public-potty experience at the mall and at restaurants. If she's worried about the other kids hearing her pee or poop, suggest that she sing in the stall.
- **Cheer her on.** Praise your child whenever she has an accident-free day. Applauding other feats ("You put your shoes on all by yourself. Good job!") will up her confidence, and that could lead to fewer accidents at school.
- **Dress her for potty success.** All those cute new school clothes may get in the way of getting to the potty on time. Try to dress your preschooler in easy-on, easy-off (or easy lift-up) duds, so she won't have to fiddle with a lot of snaps or buttons to get the job done.
- **Enlist a potty advocate.** Teachers are there to help little ones and their parents with the preschool adjustment. And that includes having accidents. So ask the teacher (in private) for help in getting your little one back on the toileting track.

It may take a few weeks or a few months, but once your newly minted preschooler feels more comfortable with her new routine, the accidents at school will stop. The more encouragement and understanding you offer in the meantime, the sooner that drier day will dawn. (And, if the school allows it, disposable training pants may make the wait easier on everyone.)