

POTTY TRAINING INFORMATION



Potty Training

*** It is important to note that when the term Potty or Toilet is used it can be either
or. ***

What Potty should you use?

I always suggest buying a ring for the toilet with a step stool so you can train once rather than potty training and then toilet training.

When is my Child ready for Potty Training?

In our experience children train best when they are ready physically, emotionally and developmentally. For girls this happens as early as 2.5 years of age and boys at around age 3.

It is possible that children may train before these suggested ages but then you train, regress, train, regress, and train. This results in a tremendous amount of frustration for both parents and children, and actually makes the whole process much longer.

Children must be able to do the following to begin training:

- Have an attention span of 10 minutes
- Be able to dress and undress completely independently. These includes Zippers and Buttons.
- Be able to copy or imitate
- Be able to put toys away where they belong.
- Be able to understand and follow simple directions
- Children should not be in a "NO" stage. (Toddlerhood)
- Be able to take pride in his/her accomplishments
- Have consistent bowel movements at the same time daily.
- Be able to remain dry for 2 hours at a time
- Be aware of the process of elimination.

When is NOT a good time to train?

- If you are weaning from breastfeeding, a bottle or pacifier
- Close to the Birth of a new baby
- Change of childcare arrangement

(Wait 8 weeks if any of the above applies before training)

How to Potty Train

- Children should watch their parents model appropriate use of the bathroom
- Children should have an opportunity to read books and sit on the potty
- Encourage your child to flush the toilet
- Start changing diapers in the bathroom so children understand that this is where pee and poo belong.

Practice

- Pick at least one hour a day to practice.
- Encourage the use of underwear
- Have your child sit on the potty Every half hour
- Encourage hand washing

Increase the ***FREQUENCY*** an Increase the ***TIME***

When your child uses the potty properly have a PARTY!!

- Cheer
- Do a potty dance
- Give a sticker
- Say you are proud
- Celebrate

When your child has an accident

- Ignore
- Don't acknowledge it just put them on the toilet

Reminders

- Only reinforce good behavior
- Children are going to have accidents
- Maintain consistency and have lots of patience
- Training rarely happens in 3 days
- Pee and Poo training do not happen simultaneously
- Pee training usually comes before Poo training
- Pull ups and Diapers are the same thing
- It's important to know that if training doesn't happen it's OK to take a break.
THIS WILL NOT CAUSE REGRESSION.

- If a child consistently pees on the toilet but is not poo trained give them a diaper too poo in, flush it down the toilet and hand wash as if it was the same as on the toilet.
- Have lots and lots of extra clothes
- Don't expect your child to ask to go.

DO NOT

- Get upset
- Make it stressful
- Force
- Punish

Night training

- Night training happens between 3-5 years old.
- You can start the process if your child wakes up with a dry diaper every morning
- Always limit fluids close to bedtime

What to do if you think your child is ready but is just scared

- 1) Practice sitting on the potty (fully clothed) with the lid closed and give a treat
- 2) Practice sitting on the potty (fully clothed) with the lid open and give a treat
- 3) Practice sitting on the potty (with diaper) and give a treat
- 4) Practice sitting on the potty (no diaper) and give treat.

The best treat you can give is 1 Smartie but remember this treat is ONLY for potty training and cant be given at any time other that Potty training.

What you need to know for Childcare

The staff is here to help you through the process.

Potty training MUST be done consistently at home and at school

Public Health has requirements and concerns in regards to children having accidents in the classrooms.

It's best to start training in underwear

If your child is having frequent accidents they may not be ready to train.

If your child is having frequent accidents and training is not progressing a pull up is required by public health

If your child has more than 3 accidents in 1 day then they are not ready to train



Please **DO NOT** send your child to daycare in pull ups before the age of training 2.5 for girls and 3 for boys as they leak

You may bring a box of labeled Smarties for consistency to daycare

Send 6 pairs of underwear, 6 pants, 6 pairs of socks and extra shoes for training

Good Luck!