



## Potty Training 101

### **READY?** Is your child interested in using the potty?\*

Can she raise and lower her pants quickly by herself? \* Does he pee only a couple of times a day? (That means he has the ability to "hold it"!)\* Does she understand what *wet*, *dry*, *pants*, *potty*, *pee*, and *poop* mean? \*Probably most important, can he understand and follow simple directions like, "Please come here," and "Please sit down"?

**SET??** If your child shows the signs regularly for 3 months then it's time to start. It usually happens sometime between 24 and 30 months, but every child is different.

**GO!!** Let them know everybody goes potty! Leave the bathroom door open while you use the potty and tell them what you are doing. Show your child your pee or poop and show them how to flush.

Get into a routine Go when you get up, go when you leave the house, go before bed. And get to know the times when your child needs to go so you can help them get to the potty on time!

Use a potty chair or toilet ring. If you use a potty chair, put it in the bathroom.

For starters, have them sit on the potty chair without a diaper a few times a day. \* Read them a book or give your child a special toy to play with while sitting on the toilet. \* Stay with your child while he/she is in the bathroom. \* Even if your child just sits there, praise them for trying.

Use positive reinforcement like stickers on a chart or other rewards when they succeed.

When you see your child squirming, squatting, or holding their genital area respond quickly! Praise your child for telling you when he/she needs to go.



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**FOR BOYS** Avoid the spray! Start teaching boys to pee sitting down until they are comfortable with knowing they have to go, getting to the potty on time, and how to go. \* When it's time to stand up, use a step stool or a potty chair until he's tall enough to hit the regular toilet. \* Toss some cheerios into the toilet for target practice!

**FOR GIRLS** Girls spray too, especially if they are seated far back on the potty with legs propped apart to steady themselves! Teach them to keep their legs together and pointed straight to the tip of the seat to avoid a mess. \* Dresses are easier to manage than pants, but they can also land in the toilet or get in the way. Teach her to tuck the hem of her dress up into the collar to keep it dry and out of the way. \* To avoid urinary tract infections, teach her to wipe cleanly from front to back. Or you can teach her to wipe the pee first and then use a separate piece of toilet paper to wipe the poop.

**OTHER TIPS FOR SUCCESS** Celebrate the graduation from pull ups/training pants and make a big deal out of wearing "big boy" or "big girl" underwear. \* During and after training, avoid overalls, belts, and leotards – clothes that allow for quick pull down will help prevent accidents. \* If they still wet at night, use pull ups/training pants until they're dry in the morning. \* Use a plastic mattress cover to make clean ups easy after night time accidents. \* Remember, potty training can take a few weeks up to a couple of months, and most kids will have accidents for six months or so after training, so be patient! \* And if they are not interested or they resist training, it's okay to back off and start again later – even if you're ready, they might not be!

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