



kids therapy made simple

Potty Training



Bye Bye Diapers

These are thoughts all parents have...When will I be done with diapers? When will my child be ready to use the toilet? When will I be ready for my child to use the toilet?

Potty training is a HUGE developmental step for both parents and children. Even though we all wish it were as easy as just deciding one day that your child will stop wearing diapers and will start using the toilet, there are many developmental, behavioral, and physical milestones your child must achieve before being ready to make that change.

Potty training can occur as early as 18 months or as late as 3 ½ yrs old. If you choose to start before your child is ready, it may take a lot longer to complete the process. There is no rush. Accidents will and do happen. Just remember, timing and patience are the keys to success.

Signs my child is ready to potty train

- begins to indicate he/she has a wet or soiled diaper
- shows interest in other people's use of the toilet
- shows interest in the toilet and the toileting process
- shows awareness of & discomfort with being wet or dry
- you're changing less diapers
- keeps diaper dry for over 2 hours

Skills to consider when determining readiness

CAN MY CHILD...

| | |
|--------------------------------|----------------------------|
| Control their bladder/bowel | Communicate their needs |
| Sit independently | Get on & off the toilet |
| Pull down/Pull Up Pants | Use toilet paper correctly |
| Independently wash their hands | |

Getting Started

- begin with **BOOKS** about the potty
 - read them - bring them into the bathroom and read them while your child sits on the potty
- get a **POTTY CHAIR** or **POTTY SEAT** that fits on the toilet
 - make sure you have a step stool / bench that your child can rest their feet on so they feel more stable and supported
- put a **STEP STOOL** in front of the sink so your child can climb up and wash their hands
- schedule potty breaks
 - have your child sit on the potty without their diaper for a few minutes **EVERY TWO HOURS**
- when you begin to notice the signs that your child needs to use the toilet, get them there...**FAST**
 - help your child learn their signals

Obstacles to potty training

| | |
|-----------------|---|
| Communication | unable to communicate bathroom needs |
| Sensory | unaware of being wet or dry |
| Cognitive Level | unable to process concept of using the toilet |
| Fear | physical fear of toilet or sound of toilet flushing |

Positive Reinforcement

It's important to be **SPECIFIC** with your positive reinforcement. Stickers are not given "just because," but rather a sticker chart is created and stickers are received for **SPECIFIC TASK** completion. Also, try to steer clear of saying "good job." Rather, try to say, "You're sitting on the potty so nicely." Potty training does not come easy, but patience and positive reinforcement go a long way.