Parent Webinar Series: Potty Training Tips & Strategies

Potty Training Steps

These are the steps to potty training as outlined in the Potty Training Tips & Strategies Webinar. Please keep in mind that all children develop at their own rate will take a different amount of time to move from step to step. Also, there may be times when your child regresses or moves back a step which is a typical part of the process.

Skills in Place

- · Motor Skills (walking, backing up to potty, pulling up/down pants)
- Cognitive Skills (body awareness, feeling full bladder, following sequential directions, memory/concentration)
- Social/Emotional Skills (wants to "join the club")

Signs of Readiness

- Shows interest in the potty, asks to sit on the potty
- Stays dry for 2+ hours at a time during the day
- Bowel movements become more predictable
- Indicates when they are peeing or pooping, or wants to be changed immediately after doing so

Make a Plan

- · Choose words for body parts, pee and poop
- Make visits to the potty part of your daily routine
- Determine what motivates your child (sticker chart, calls to grandma etc.)
- Have a conversation with child's caregiver about plan

Set the Stage

- Choose a potty
- Put potties in the house/bathroom
- Practice sitting on the potty fully clothed
- Parents model toileting
- Purchase underwear and/or training pants

Daytime

- Continue making visits to potty part of the routine (wake up, before/after nap, before bath, before car etc.)
- Give acceptable choices to encourage using the potty
- Recognize time of day for bowel movements, then sit on the potty with books (some children may not yet be ready to poop on potty and will want a diaper)
- Praise child, encourage pride

• Pull ups/diapers at night are okay months or even years after daytime dryness

- Make using the potty part of nighttime routine
- Avoid drinks right before bed
- When dry in the morning for 2+ weeks, try underwear at night



Nighttime

