



PEDIATRIC OFFICES OF: SAVEL, KELLY, BOREMAN & ODOM, M.D.'S

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POTTY TRAINING:

SIGNS YOUR CHILD IS READY:

- Your child is usually at least 20-24 months of age
- Your child is in a stable routine with no big changes in his life like a new baby, or new house/move or new daycare.
- Your child is staying dry for 2 hours during the day or for naps.
- Your child feels the urge to go and shows you by facial expressions or postures like pacing, jumping up and down, holding himself or squatting.
- Your child is having regular bowel movements and may be uncomfortable in dirty diapers. He may even be going off to another room when he feels the urge to go.
- Your child can follow simple directions and can sit down quietly for 4-5 minutes.
- Your child is generally cooperative and not in a negative (no for everything) phase. He is proud and happy when he does something that pleases the parents.
- Your child may be asking to use the potty, by telling you or imitating what other children or family members are doing

READY TO BEGIN:

Make the whole process fun like a game and keep it light-hearted with lots of encouragement, praise and humor. Please be patient!

- Help your child understand what the potty is for by watching grown-ups or siblings.
- Read potty books or talk the potty words and help him to understand that the poop or pee is ready to come out and it needs their help.
- Get a potty chair or potty seat and make your child feel comfortable with it. This is his chair so at first you can make it a game and put it in different places to get him used to it.
- For the first weeks you can do some practice runs with clothes on then have your child remove his diaper or pants before sitting. Do something fun like reading a book or singing a song. It is ok if your child gets up right away. It is best to keep these sessions short like 5-10 minutes.
- **Praise your child for any signs of cooperation or success. For example:
 "You are sitting on the potty like Mommy"
 "You're trying real hard to put the peep-pee in the potty"
- Reward your child with small treats for going and save the big rewards for when your child walks to the potty on their own or asks to go with you and uses it!
- Once your child has the idea by using the potty by themselves two or more times then the practice runs can be stopped. This usually should be in the first 2-3 months. It's ok to get into a routine or try to have your child go at the same time every day so they don't feel pressure.

ACCIDENTS OR SETBACKS:

- Change your child after accidents. Try to be sympathetic like saying:
 "You wanted to go pee-pee in the potty but you went in your pants. I know that makes you sad and you want to be dry. You'll get better at it."
- Try not to be critical or disapproving.
- NEVER use physical punishment, yelling or scolding. This just makes 2-3 year olds completely uncooperative.

PREVENTING PROBLEMS:

- Don't start when your child is being stubborn or negative.
- Don't use punishment or pressure.
- Don't force your child to sit on the potty.
- Don't flush the toilet while your child is sitting on it.
- Don't lecture or remind your child.
- Don't get into battles or showdowns. (you'll lose)
- Don't try to control the process. (you can't)
- Don't get mad or overly concerned.
- Try to appear casual and relaxed!!
- Don't expect a perfect performance cause most children have accidents for months after starting.
- Mention using the potty only after your child gives you a cue.
- Give suggestions and not demands.
- Let your child be in control and do it their way.
- Be positive and keep the process fun.
- Be supportive and most of all have a sense of humor!!!