



Toilet Training Is your child ready?

- Expresses interest in coming into the bathroom with you to find out what goes on there and perhaps even sits on the toilet herself/himself.
- Understands what the toilet is for and what it means to have a wet or dirty diaper. If he/she also shows a preference for being clean and dry, fussing when she's wet, pulling off a dirty diaper, or asking to be changed; all the better!
- Knows the words for urinating and having a bowel movement (such as "going potty" or whatever words your family may choose).
- Can stay dry for at least two hours at a time.
- Has regular bowel movements with soft, formed stools.
- Can and will follow simple directions, such as those for washing hands.
- Can help pull pants up and down
- Seems to recognize at least a few seconds ahead of time that she's about to go, and can tell you before it happens. (Many youngsters will squat, leave the room, or get "the look" before having a bowel movement).
- Has a willing, receptive mood and isn't going through any major transitions (like adjusting to a new sibling or school).
- Demonstrates a desire for independence (for example, wants to be a "big girl" and do things for herself) -- or, better yet, shows a specific desire to use the toilet like mommy and daddy do!

If your child meets most of these criteria, she's/he's ready to try. If not, wait a month or two and reevaluate. Your child is about to begin a new chapter in his/her life called potty training. This is a very important event because your child is about to become a big girl or a big boy. And for you the parents this is a new chapter in your life as well, your child to going to see how much patience and understanding you really have. Remember every child learns at their own pace so let's all have fun teaching your child to become more independent.

If you feel your child is ready please let me know.

Supplies needed:

- Potty chair:** when starting to potty train it is usually easier to begin with a potty chair. The reason for this is because your child is small and developmentally they need their feet to touch the floor to feel balanced and comfortable. Please buy **at least 2** potty chairs one for home and one for Almost Mom. Usually around 6 weeks after potty training your child may be ready to use the "big potty."
- Panties/Underwear:** girls wear panties boys wear underwear. Buy several pairs of them because your child will go through a lot of them. Please supply Almost Mom with **at least 10** pairs of panties/underwear.
- Extra outfits:** easy to remove clothing (such as elastic waist pants), this will make potty training easier on everyone and encourage your child to try it themselves without the hassle of zipper and buttons. Please supply Almost Mom with **at least 3** complete outfits.
- Timer:** to keep track of your child's progress.

Getting Started:

- Potty-Training should begin at home over a weekend; this is so you can have a *diaper party*. A *diaper party* is something you need to make a really, really big deal about. This is when your child will gather up all their diapers in the house, car, and diaper bag wherever you have diapers and your child gets to throw them away in the trashcan. Your child is very smart and they realize that when you put something in the trash it is gone forever. Parents please make this a very exciting moment for your child by saying “goodbye to diapers”, and reinforce your child as a “big girl/boy”. At this point go to the store with your child and pick out their new panties for girls and underwear for boys. This will make your child feel special and important. By starting potty training at home your child will be excited about potty training when they come to Almost Mom. Your child will understand they are going to start something new and exciting on Monday at daycare for an easier transition.
- Big girl panties or big boy underwear is my recommendation for potty training. When your child has an accident in their new panties/underwear it is uncomfortable and you want your child to feel this and your child will know it does not feel good. That is part of the learning process.
- You may choose to use a pull-up at bed time if you feel your child may not make it through the night, however, **do not** put a diaper on them this will only confuse your child. One recommendation would be to put on underwear/panties and then put a pull-up on top of the underwear. Keep in mind we will not use pull-ups at Almost Mom for nap time because if your child is ready for potty training they will usually be staying dry for naptime already.
- I have also supplied you with the “Potty Training Chart”. This is for you to keep track of your child’s progress throughout the day. This is a reminder for you to know what time to start your timer. This will help you become a successful potty training parent. Please make several copies of this chart for yourself.
- Timer: The timer has a dual purpose. One it will remind you the parent that it is time to go potty, two it is an auditory reminder to your child that it is time to go potty. When you and your child hear the timer you should **run not walk, I mean run** to the potty. It should almost feel like a game. How fast can your child take their underwear/panties off? How fast can your child sit down on the potty? How fast can they pee in the potty? Everything should be high energy and fun.
- Having your child take off his/her underwear or panties is part of the process of potty training. Be patient with your child and have them do it all by themselves. It may take them 10 seconds, or may take them 5 minutes its okay children have nothing but time. When they are done trying to go potty or they have been successful then it is their turn to put the underwear/panties back on. Once again have them do it by themselves. I help the kids “start them” which means I will lay their panties on the floor in front of them and they will put their feet in them and pull them up themselves. “*One foot in one hole*”; “*the tag always goes on the floor*”. Some children will catch on to this very quickly others it will take awhile, that’s okay don’t get frustrated just do it again and again and again. Your children are very smart and they will get it!

Tip #1: Set your child up to succeed not to fail.

Tip #2: Be Consistent. Potty training at daycare should be the same as what is being done at home.

Tip #3: Never ask your child to go potty because they will always say “no”, instead tell your child to go potty. Example: Susie it’s time to go potty, let’s go!

Tip #4: Praise your child for going potty; clap your hands, give a high five, shout and howler, give words of praise, or give a sticker. Avoid giving food or candy.

Beginning the process:

- In the morning you will need to wake your child up before they wake up on their own. The reason for this is a person's natural body response is to go to the bathroom first thing when you wake up. If your child wakes up on their own it will probably be too late and they will have already peed in their pull-up or underwear.
- Immediately take your child's pull-up or underwear off in their bed, the reason for this is while you are running your child to the bathroom they will pee in their pull-up or underwear while you are on your way to the potty. If your child feels they have nothing to pee in they will try to hold it in until they reach the potty chair.
- Some children may not like to process at first of being woken up and put directly on the potty, however, it is part of the process and your child **must** sit on potty. Believe me if you give in and let them get up off the potty two seconds after they get up they will walk out of the bathroom and pee on the carpet in the hallway. Trust me, have your child sit on the potty for a while and they will pee. Some children love constant praise and attention and other children want to be left alone.
 - Have some books in the bathroom for your child to look at while they are sitting on the potty. You could get some potty training books for your child to look at or any type of book will work. Sing a song, whatever it takes for your child to feel comfortable enough to go potty.
 - *Song: pee pee in the potty, pee pee in the potty, repeat again and again.*
 - One suggestion would be to get ready yourself in the bathroom that your child is sitting in but do not give them any attention so they can concentrate.
 - Remember, your child needs to concentrate on going potty in the beginning. So try to limit your talking with your child because it only distracts them. You the parents may have to leave the room completely for your child to concentrate. If you do this and your child gets off the potty, walk back in the bathroom pick your child up and put them back on the potty and walk out again. You may have to do this several times, don't get discouraged this is part of the process. Keep doing it again and again and again.
- Once your child has gone potty in the morning get your child ready and dressed for their day.
- The body's natural potty clock will go off about 20 minutes after your child drinks, so therefore after breakfast have your child go to the potty. Go through the process:
 1. Have child remove own pants and underwear/panties.
 2. Sit on the potty 3 to 5 minutes.
 3. Child put own underwear/panties on by themselves,
 4. Set timer for 5 minutes if unsuccessful **or** 1 hour if successful.
 5. Do it all again!!!
- You will continue the process until your child has something to drink and then wait 20 minutes and start the process over again from the beginning:
 1. Have child remove own pants and underwear/panties.
 2. Sit on the potty 3 to 5 minutes.
 3. Child put own underwear/panties on by themselves,
 4. Set timer for 5 minutes if unsuccessful **or** 1 hour if successful.
 5. Do it all again!!!

When your child has an accident (which they will) don't get upset. Your child will need to help clean up "the mess". It is part of the process, have your child take off their pee pee clothes and put them in the laundry room by themselves. They will not like touching the pee pee clothing and they usually will carry the wet clothes with two fingers. While your child is taking off their wet clothes talk to them about how yucky it feels and that this is no fun. If there is a puddle on the floor hand your child paper towels and have them clean up the mess and put it in the trash. Get the mop out and have them clean up the floor. Your child will get the point that this is a lot of work to clean up "the mess". We want this part of the process to not be enjoyable. What this is teaching your child is that it is easier to go pee in the potty than in your pants. After your child has cleaned up "the mess" have them sit on the potty and try to go. A lot of children will still need to go more, so have them sit for 3-5 minutes and then let them get up and set your timer for one hour and start the process again from the beginning.

The first three days will be hard but by the end of ten days your child will be potty trained if you have followed the outline. I can not stress enough how imperative it is to follow the outline. I work very hard with your children at daycare all day doing this outline to help your child be successful at potty training; I need you the parents to do the same thing at home. This is a partnership between parents and provider for your child. Please take this very seriously, if you are not following through at home I will be able to tell and I will stop potty training at daycare. When you the parents are ready to commit to potty training your child come and talk with me about starting again. Please keep in mind I will not potty train just one child. We potty train as a group so I will only potty train when there is more than one child ready.

If within 2-3 weeks, your child shows no signs of progress, I reserve the right to put your child back in diapers & try again in a few weeks.

On Friday the _____ your child will throw all his/her diapers away in the trash at daycare when you pick your child up. I would suggest going home and do the same thing by having your child throw away all his/her diapers in the trash and immediately put on their underwear or panties. This is when the fun begins and you begin potty training your child over the weekend. Always feel free to call me anytime with any questions, I am here to help in any way I possibly can. Then when your child returns on Monday the _____ make sure they are wearing their underwear/panties so they come in ready to start the process at daycare as well.