

Potty Training

Process (continued)

- Practice flushing the toilet!
- Practice cleaning up after going potty.
- Practice washing hands after toileting.
- Encourage and praise for any efforts and successes. Avoid scolding for accidents.

Potty Training Chart							
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Tips

- Go to the bathroom before leaving home and upon arriving at a destination. Go again before leaving a place and immediately upon arrival at home.
- Keep several books in the bathroom that are read only at potty-time.
- Songs and finger-plays are great distractions when a little one has to wait a few minutes before getting up from the toilet.

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A
Guide
for
Early
Childhood
Teachers
and
Parents
of
Young
Children



Introduction

Diapers are so expensive and potty training in a day sounds so enticing. Really, though, potty training is not a quick and easy skill. Girls typically potty train earlier than boys, beginning sometime between 18 and 24 months of age. Often, boys are closer to the age of three before they begin to show an interest in potty training. Every child's timing is different. The important thing is to keep the process simple and stress free. Be prepared for accidents and expect the process to take an average of 6-8 months. Even then, accidents will still occur, so be prepared and calm.

Mommy, I did ...

Readiness

Does the child:

- Stay dry for two or more hours at a time? Wake up from a nap dry?
- Show an interest in going "potty"?
- Pull own pants up and down?
- Show a dislike for being soiled?
- Use words to communicate need/desire to go "potty"?
- Ask to be changed?
- Ask for a diaper in order to soil or wet it?
- Have a mom and dad that are ready to take on the challenge of potty training?



Potty in the toilet-

Process

- Teach the child what words to use for body parts and functions.
- Parents should allow child to watch same-sex parent using the toilet.
- Talk to the child about what is happening when one goes "potty."
- Read a book/watch a video about potty training.
- Teach the child to take their own clothes off and on.
- Establish a routine for going potty. Every 45-55 minutes works well.
- Practice sitting on the toilet.



I'm a big kid!