

# POTTY TRAINING 101

## The MOST important thing to consider-IS YOUR CHILD READY?

Most children show signs of readiness between the ages of 18 months - 30 months but this can vary based on each child's developmental level.

Some signs include:

- Child indicating that they are soiled soon after it happens
- Child showing interest in the potty
- Child uncomfortable when they are soiled
- Child let's you know before they "go potty" in their diaper
- Child has become verbal and can understand to "go to the potty"

## You will need to consider...

- What is your preferred method? A positive reward system? A weekend Boot Camp? Communicate your goals with us and we will work to keep it consistent
- We will never use discipline to potty training. Accidents are not "failures" and are to be expected. We will work to maintain your child's self esteem throughout this process and empower them to be successful!
- Your child's temperament plays a factor in potty training. All children are different and progress differently

## What can you do at home and to help at school?

- Consistency is a major factor in successful potty training
- Communication between teacher and parent is key
- Stay calm- Do not get defeated if your child takes a little longer to catch on
- Dress your child in clothes that are easy for them to remove. (No overalls, onesies or belts)
- Please do not send your child in underwear until discussing with your teacher.
- Be sure to pack multiple changes of clothing (that includes socks & shoes).
- Show your child what to expect while potty training including: dressing, sitting/standing, wiping, flushing and washing hands.
- Praise your child for effort and when they master a new skill/step.
- Ask us questions!

## We are happy to...

- Make sure that the bathroom and changing area is cleaned and sanitized
- Keep a record of your child's progress so that you can celebrate his/her successes
- Share information and resources
- Read books and discuss to teach good habits
- Provide emotional support to your child and praise them along the way

## Additional Resources

[www.pottytrainingconcepts.com](http://www.pottytrainingconcepts.com)

<https://familydoctor.org/toilet-training-your-child/>

# HAPPY TOILETING!