POTTY TRAINING HANDOUT

SIGNS OF READINESS

Physical
- Has bowel movements at about the same time every day
- Can stay dry for a few hours or wakes up from sleep dry
- Can pull his/her pants up and down

Intellectual
- Knows that he/she has to go to the bathroom
- Understands the association between dry pants and using the potty
- Lets you know when he/she has wet or soiled his diapers
- Can follow simple directions like “lets go to the potty”
- Understands what “pee, poop, dry, wet, clean, dirty and potty” mean
- Your child can tell you he/she has to go to the bathroom

Social
- Imitates other members of the family
- Watches you on the toilet and asks questions

Emotional
- Wants to do things by herself/himself (wants to sit on the toilet)
- Your child gets upset if his/her belongings are not in their proper place
- Your child wants to please you
- Your child enjoys washing his/her hands

THINGS TO THINK ABOUT BEFORE YOU START POTTY TRAINING

- Are you and your child ready?
- Is your schedule clear?
- Can you explain the way things work?
- Positive words rather than negative – use language consistently and correctly
- Talk about advantages – no more diapers, pleasure of being dry, growing up
- Part time or full time?

WHEN YOU DECIDE TO START

- Introduce a book or video
- Pick a day and stick to it
- Use dolls or action figures
- Take frequent trips to the bathroom
- Have them learn from yourself or others – let them see the process
- Involve them with getting undressed (quick on/off pants) or let them be nude!
- Relocate the potty if needed
- Create a routine – every ½ hr. after wake up, before naps, after naps, after meals
- Get excited if they are/celebrate – Praise all progress and encourage!
- Plan for accidents especially in public – have extra clothes, bags etc
- Let your child be in charge of as much as possible

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