

Welcome to

POTTY TRAINING!

We want to support your potty-training efforts...

Potty training is an exciting time for you and your child! This milestone of independence and freedom for children and parents is wonderful. There are bumps in the road like every stage your child goes through, which means that patience and consistency are key factors to success. We want this transition to be as successful and quick as possible for families, so we will work with you and support the practices you are using. It is a common misconception that all children potty train right at 2. The average age of potty training falls somewhere around 27 months, but children can start working on this skill as young as 18 months and as old as 3.5 years of age. It's a pretty wide range of "normal". If you feel your little one is ready, here are some ideas and experiences to help the process.



1. **Modeling**- This is the best thing for your child to see the behavior you want. Prior to starting the process show your child what to do and have them make a visit or two into the bathroom with you. Show them "big girl" or "big boy" underpants like Mommy or Daddy. If there are two adults in the house have each adult tell the other when he/she has to go potty a few times a day. Your child seeing and hearing you tell someone when you have to go will put the idea in their head that they need to do that too.
2. **Rewards and encouragement**- Sticker charts are a fun and easy tool for practicing and going on the potty. Print a coloring page and put stickers on it every time they practice or have your child decorate himself in stickers while training. Singing songs while on the potty can encourage positive feeling about going on the potty. Encouraging and positive words about training will speed this process along. *(Please note: SELA is unable to give food rewards for potty training at school)*
3. **Patience**- Don't give up or get frustrated with accidents. Quickly escort the child to the potty once the accident has happened to let them know this is where to go potty. Some may finish on the potty because they did not fully empty their bladder. Use a consistent catch phrase every time they need to go like "Potty, Potty, Quick, Quick" or "Time to use the Potty" "Hooray for the Potty"
4. **Consistency is Key**- Find your approach and stick with it. Frequent practicing every hour or so for a short time until the child understands the concept may be helpful. Be sure to remind them while playing, they can become distracted and forget until it's too late and an accident happens. Accidents will happen with every child, but be sure to remain positive and not make your child feel ashamed if they have an accident. Using games, setting timers and singing songs will make it fun and exciting for your children.

*Be cautious of a few things that can startle the child and possibly set you back a bit

- Automatic flushers in public bathrooms. Talk and explain what will happen and the loud noise it can make.
- Children can think all things get flushed away and may think that they could go too. Discuss that only waste will get flushed away.



Is your child ready? Ask yourself these questions:

- Does your child seem interested in the potty chair or toilet, or in wearing underwear?
- Can your child understand and follow basic directions?
- Does your child tell you through words, facial expressions or posture before he or she needs to go?
- Does your child stay dry for periods of two hours or longer during the day?
- Is your child waking up from sleep/naps with dry diapers on a regular basis?
- Does your child complain about wet or dirty diapers?
- Can your child pull down his or her pants and pull them up again?
- Can your child sit on and rise from a potty chair?
- If yes to the above questions, your child is showing readiness and it may be time start potty training!

Children should wear easy on and off pants during training. Sweat pant like bottoms are nice and easy until they are physically capable of doing snaps and buttons. Clothing such as overalls, costumes, one-piece jammies, or onesie shirts with snaps are a hinderance to a child's ability to quickly and easily use the potty. Either diapers, pull-ups, or going straight to underwear are okay for potty training at SELA, but we do recommend nap diapers or pull-ups until the child has consistently slept through nap without an accident. Please ensure that we have lots of spare clothes in school including shoes and socks for any accidents that may happen.