

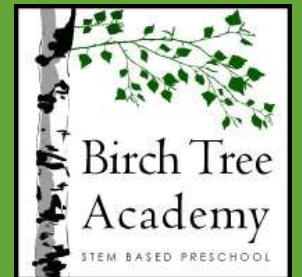
A photograph of a bathroom floor with colorful letters spelling "POTTY TRAINING". The letters are arranged in two rows: "POTTY" on top and "TRAINING" on the bottom. The letters are in various colors: P (red), O (blue), T (green), T (red), Y (blue) in the first row; and T (blue), R (red), A (yellow), I (blue), N (green), I (red), N (blue), G (yellow) in the second row. The background shows a white toilet, a roll of paper towels, a green cloth, and a white sink.

POTTY
TRAINING

Birch Tree Academy Parent Education

October 15th, 2020

www.BirchTreeAcademy.com





Agenda

Know Before You Go

When to Start

How to Do It

Staying on Track

Tips

A Few Things to Remember

Let go of self-imposed or societal pressure

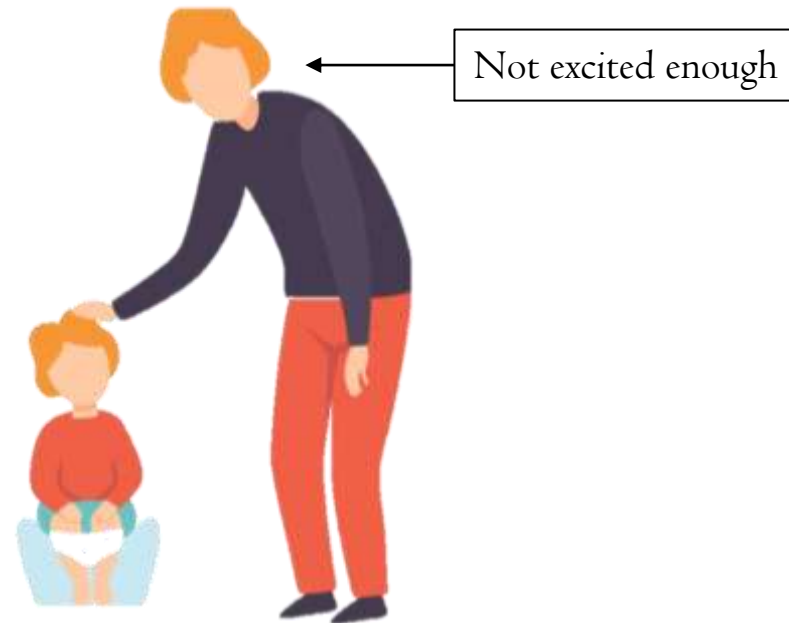
- There is absolutely no connection between intelligence and potty training.

Every child is different

Expect the unexpected

Be excited!

- This is a huge milestone for your child





When Should I Start?

“I really enjoy the ‘me’ time I get on the potty. When did life get so busy?”

-Daniel, Age 2

When to Start?

Your child is the right age

- Most children are ready for toilet training by age 2. Most are potty trained by age 4.

Life is basically stable

- Avoid big life changes or emotional times

You have time

- You will have to do most of the hard work!

Your child is ready

When is my Child Ready?

Successful toilet training depends on three factors

- Physical Readiness
- Cognitive Readiness
- Emotional Readiness

Don't rush it!



← Probably a little early

When to Start – Physical

Can put things where they belong.

Expresses interest in toilet training.

Can dress and undress themselves.

Can physically indicate when he/she is “going” and when he/she needs to “go.”



When to Start – Cognitive

Body Awareness

- They can associate physical sensations with the bodily function
- Understand what certain body parts are for

Potty Awareness

- Can picture what they want to do (use the potty)



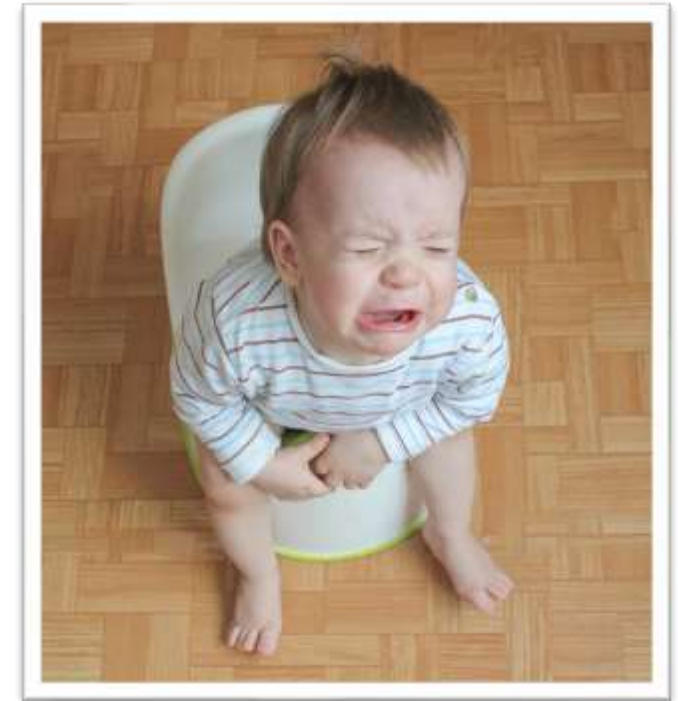
When to Start – Emotional

Make sure life is otherwise calm

Understand why they may be resisting

Emotional issues can profoundly affect toilet training

- Desire for independence and self-mastery
- Need to control some aspects of their environment
- Testing of limits and rules
- Desire to win parents' approval
- Fears associated with toilet use
- Desire to mimic or conform to other children's behavior





Get Ready

“For me, potty training was a journey of self-discovery. For the first time, I felt in control of my own fate.”

-Stacy, Age 3

What you will need to get started

Choose words

- Decide which words you're going to use for your child's body parts and bodily fluids.
- Avoid negative words, such as 'dirty' or 'stinky'

Prepare the equipment

- Place a potty chair in the bathroom or, initially, wherever your child is spending most of their time.
Schedule potty breaks
- Have your child sit on the potty chair or toilet without a diaper
 - First thing in the morning
 - Right after naps
 - For a few minutes at two-hour intervals,





How to Start

“I like twains. Choo-choo!!! ... Can I have ice cweam?”

-Ben, Age 3

What are my Options?

1. Child Led
2. Parent Led
3. Hybrid (*suggested!*)
4. Fast Track

How To – Child Led

Begin toilet training when your child shows signs of being ready

- Let the child think potty training is their idea

Once you observe the signs, follow these steps

- Introduce them to the potty
- Encourage them to go potty, no pressure!

There is no schedule or timeline to follow

- The child sets the pace

How To – Parent Led

Still a gradual process with no timeline.

Have your child wear minimal, easy-to-remove clothing

- If it's warm enough, only a diaper

Watch for signs that they need go

- Grunting, making faces, squirming, pulling at the diaper, etc).

When they are about to go, remove the diaper and place them on the potty.

Encourage and reward them

- “Go pee-pee in the potty”
- Reward them with praise, affection, and treats (stickers or a snack).

How To – Parent Led (Cont.)

Had an accident?

- Change him/her as soon as possible
- Your child should get accustomed to wearing only clean, dry pants

Trouble telling when your child needs to pee?

- Have them try about 45 minutes after your child has finished a large drink, or after two hours without urinating

After your child has peed in the potty 10 times or more on their own, introduce underpants.

- Portray them as a reward for progress. Let your child pick them out for themselves, but make sure they are loose-fitting.
- You want pants your child can pull up and down on their own. Once your child starts wearing underpants, reserve diapers for sleeping and travel.

How To – Hybrid Method

Make sure child is showing all signs of readiness and is interested in going potty

Watch for signs the child needs to go

- Have them try every few hours and after meals and sleep. (biggest difference from child-led)

Reward the child for going potty

Never shame child for accidents!

- If there is an accident, quickly change into dry clothes

How To – Fast Track

For kids that are ready but just don't want to

Choose a time when you can be home for a few days

Make sure a toilet or mini potty is nearby

Give the child all the juice they can drink

Let them run around with as little clothing on as possible

- Let nature run its course

Reward them for using the potty



Staying on Track

“One thing I have learned from this process is that I have inner strength I didn’t know existed. I persevered.”

-Dima, Age 3

Teach Them the Basics

Get there — Fast!

- When you notice signs that your child might need to go— such as squirming, squatting or holding the genital area — respond quickly.

Explain hygiene

- Teach girls and boys how to wipe correctly.
- Make sure your child washes his/her hands afterward.

Ditch the diapers

- After a couple of weeks of successful potty usage and remaining dry during the day, your child might be ready for training pants or underwear.
- Let your child return to diapers if he or she is unable to remain dry. Consider using a sticker or star chart for positive reinforcement.



At Night

Nap time and nighttime training typically takes longer

Most children can stay dry at night by age 5 to 7

Use disposable training pants and mattress covers in the meantime

Tips



“I finally honed my diaper changing skills and now my kid is potty trained. What a giant waste. Can I get my free drink now?”

-Anonymous Parent

Tips



Don't ask your child if they need to go potty--tell them it's time to try

- Every two hours and after sleep
- While your child might tell you "no" to impose their will, they are learning how to feel sensations in their body and recognize what they mean

Always keep an extra potty seat in the car, even after you think your child is trained.

- You never know when you'll be caught somewhere without a public bathroom
- Some children dislike public restrooms...as do many sane adults



Tips (Cont.)

Make sure your child isn't 'holding it'

- Science is showing that this is the root of many urologic problems later (constipation, bedwetting, UTIs, fear of asking to go, and so on--all of which can leave some lasting emotional impressions on your child).

Your child wants your approval

- This is your greatest tool. Use it appropriately

Regressing?

- Could be emotional stress due to a big new change (new daycare or bringing a new baby home)
- Could be a physical issue like constipation, which puts pressure on the bladder.



Good Luck!

Birch Tree Academy is a STEM based bilingual preschool with heart. We're located in the greater Seattle area. Learn more at www.BirchTreeAcademy.com.

Questions? Contact us at info@birchtreeacademy.com.