



**handy helpers™**

Home Care Solutions

## ***Potty training***

### **Signs of readiness**

Your child is ready to begin potty training when he or she:

- Has bowel movements at about the same time every day.
- Can stay dry for a few hours or wakes up dry from sleep.
- Knows when they need to go to the bathroom.
- Understands the association between dry pants and using the potty.
- Can pull their pants up and down.
- Lets you know when they have soiled their nappy.
- Can follow simple instructions, such as, “lets go to the potty”.
- Understands potty training terms (wet, dry, pee, poop and potty).
- Imitates other family members.
- Shows interest and asks questions while watching you.
- Wants to do things “by myself”.
- Gets upset if their belongings are not in their proper place.
- Remember that every child is different but most are ready between two and two and a half years old (some as young as 18 months or as old as 3 years).
- It is a good idea to start at a time when you can spend a lot of time together & there are no major distractions or traumatic events in your child’s life.

### **What you will need**

When your child is ready to begin, it will be useful to have the following:

- Potty or potty chair  
It is important that the potty is sturdy so that your child feels secure. Remember that your child should be able to place their feet comfortably on the floor.
- Training pants  
First you will need to decide between cloth or disposable pants. The advantage with cloth pants is that your child will feel any wetness and this may help them train faster. The disadvantage is that they are messier. Whichever you choose, make sure that you purchase a sufficient amount. It is a good idea to let your child help you choose their pants, as this will get them excited about the process.

## How to start

- Introduce the potty in a casual way. Put it in a room where your child plays most often during the day & close to their bed at night. It will also encourage your child to use it more often if it is in plain view.
- The next thing to incorporate is regular visits to the potty. Have your child sit on the potty for 2 to 4 minutes every hour or so. Arrange these sittings close to times your child usually has a bowel movement or urination, such as just after a meal, snack or nap.
- When you see any signs that your child is about to go (passing gas, wriggling, holding crotch or telling you), quickly tell your child it's time to use the potty.
- Let your child learn from you. Children are often interested in their family's bathroom activities. It is sometimes helpful to let children watch you, as this will make your child want to do the same.
- Involve your child in getting dressed/undressed. Let your child practice lowering and raising their pants, or putting them on and taking them off.

## Do's

- Do let your child feel in control of the process, respect their feelings & privacy.
- Always encourage & praise your child.
- Be patient at all times.
- Ensure your child has sufficient fibre & fluids in their diet. Plenty of fresh fruit and vegetables, as well as prune or apple juice are important.
- Dress your child in clothes that are easy to take off and put on.
- Train your child to wash his/her hands after using the potty.
- Instead of saying "Do you have to use the potty?" Say, "It's time to use the potty." This gets your child in the routine of going on a regular basis.
- Ensure that all carers use the same approach and method for potty training.

## Don'ts

- Do not begin training until your child shows signs that they are ready.
- Never pressure or punish your child in any way for unsuccessful attempts at using the potty.
- Don't use training nappies.

Your child is fully trained when they go to the potty without any assistance or reminders from you!

*Advice and information herein provided is intended solely as guidance and is provided "as is", without any endorsement or representation and without warranty of any kind.*