

Potty Training 101

Potty training can be a daunting task as a parent. The Pediatric Learning Center is here to support you and all of your child's toileting needs!

GET READY



Before beginning potty training, it is important to be sure your child is physically and cognitively ready. Readiness signs include:

- Awareness of wet or soiled diaper
- Diaper is often dry after a nap or for more than one hour at a time
- Interest in using the potty (or watching you!)
- Can assist with pulling pants up/down
- Can follow simple one step directions

GET SET



Once you feel your child is showing readiness signs, get set, it's time to start potty training. Here are a few tips to conquer the potty:

- Have a consistent routine (i.e. go to the potty every hour)
- Use a visual schedule to help prepare your child for potty time
- Try reading books about going to the potty, or even a social story about your child

GO



You're now ready for full on potty training! Children learn through play, so it's important to include some fun and celebration in this new process.

- Let stuffed animals or baby dolls use the potty, too!
- Listen to music, sing songs, blow bubbles, or read a book
- Put stickers on the potty, on your child... everywhere... after all, it is a celebration!

Books

Websites

Potty by Leslie Patricelli
Daniel Tiger Goes to the Potty
I'm a Potty Superhero!
Once Upon a Potty by Alana Frankel
P is for Potty by Sesame Street

Pampers Website
Healthychildren.org has a blog called
Potty Training Children with Special
Needs
Go to Care 4 the Caregiver for help
making a visual schedule

Potty Training 102

Welcome to Potty Training 102: What To Do!
Here, we will provide tips on what to do if...

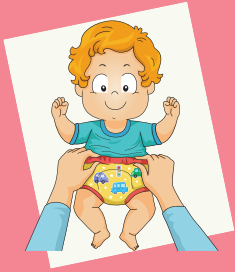
ACCIDENTS



Accidents happen! As a parent, it can sometimes be difficult to know how to respond to a toileting accident, especially if potty training was going smoothly. If your child has an accident, try this:

- Stay calm! It's likely your child is upset and you may be frustrated, BUT try to stay calm and reassure your child it is OK to have an accident
- Once your child is cleaned, have them sit on the potty for a little bit. Then pick out some new clothes together! This reassures them accidents are OK and reinforces the connection with the potty

REGRESSIONS



Your child is now potty trained--yay! But, wait, now they are suddenly not wanting to use the potty or are having frequent accidents. This is called a regression and it occurs often in children even years into being potty trained. If you feel your child is regressing, try this:

- Go back to the basics--set a schedule, praise, and make it fun
- Take a break and let go of the pressure. Sometimes we all need a break. This will allow your child to relax and their interest in the potty to re-emerge on its own.

TRAVELING



Your family is so excited to go on a trip! What do we do about the child who is currently or is freshly potty trained? Don't worry, you can still travel. Follow these tips:

- Bring a child size potty with you and keep it in the car. When your child says they need to go, you can pull over anywhere for them to safely potty. Also, use the child size toilet seat in public toilets. This will help them feel more comfortable using a bigger potty away from home.
- Bring extra clothes, just in case!

Questions? Reach out to us at:
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Pediatric Learning Center, Inc.
Therapy, Education, & Support

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