



## Potty Learning Tips

Potty Learning is naturally a huge area of question for parents and caregivers of toddlers. We will discuss toileting with you more during our home visits considering your child's development and individual needs. Meanwhile, we've included a few signs of readiness and tips for supporting your child in this process!

### Signs of Readiness

#### Your Child...

1. Demonstrates increased language skills.
2. Begins to imitate your behavior.
3. Begins to urinate and have bowel movements at predictable times.
4. Becomes more aware of their body; asks to be changed.
5. Shows signs that they are about to urinate (facial expressions, hides behind sofa, etc.)
6. Wants to get dressed and undressed all by themselves; "I do it!"
7. Stays dry longer and/or stays dry through nap.
8. Shows interest in the potty or "big-kid" underwear.
9. Wants to sit on and will stay on the potty.
10. Stays dry through the night.

### Tips for Starting

1. Attempt to change your child standing up. Encourage their participation in getting themselves dressed. (Ex. Pulling up their own pants)
2. If your child shows interest in the potty, have them sit and "practice" without expectations of a specific result.
3. Buy a special potty with your child's help or a special stool which will help them feel more stable on the "big potty".
4. Create a routine which includes hand washing with a song. Many parents have their child sit just before bath time at night or in the morning upon waking.
5. Make potty time fun and relaxing; read stories or sing songs with your child.
6. Get creative: add food coloring or "Cheerios" to the toilet to see what happens.
7. When your child has bowel movements, have the child assist you in dumping the BM in the potty and practice flushing.
8. Remain calm, positive, and encouraging. The more relaxed you are, the more relaxed your child will be about this big and exciting milestone!

### Potty Books

#### For Children

Everyone Poops

The Potty Book for Girls/The Potty Book for Boys

A Potty for Me

My Big Boy Potty

Once Upon a Potty for Girls/Boys

Big Girls/Big Boys Use the Potty

Even Firefighters Go to the Potty

Taro Gomi

Alyssa Satin Capucilli

Karen Katz

Joanna Cole

Alona Frankel

Andrea Pinnington

Wendy Wax, Naomi Wax, Stephen Gilpin

#### FOR ADULTS

Toilet Training: The Brazelton Way

Oh, Crap! Potty Training

T. Berry Brazelton & Joshua D. Sparrow

Jamie Glowacki

#### ONLINE RESOURCES

Potty Scotty (for boys)

[www.pottyscotty.com](http://www.pottyscotty.com)

Potty Patty (for girls)

[www.pottypatty.com](http://www.pottypatty.com)