



Potty Training

Potty training is not a one size fits all. Every child is different and will go through this experience in their own unique way. Our job is to facilitate this by providing the skills needed to fully potty train. So, what does this mean? First, we need to prepare. At the early signs of potty-training readiness, we can expose the child to beginning skills, language surrounding using the potty, and physical arrangement of the space.

What are the signs of potty training?

1. Being uncomfortable. One early tell-tale sign is when your child physically does not like being in a wet or dirty diaper. Have you ever had a child bring you a diaper? They are connecting with their bodies to say, "I peed, or I pooped" and I need to be clean.
2. Extended periods of dry diapers. Are you seeing periods of 2-3 hours with dry diapers? Their body is gaining the muscle control needed for a regular potty schedule. Physically, they are maturing, and their body can hold the urine. Without this muscle control, potty training will not be successful.
3. Are they able to follow 2 step directions? A huge part of potty training is communication and the ability to participate in the process. We are both physically and verbally helping the children, but the end goal is they do it independently. Giving directions such as put the car in the toybox or give Mommy the sippy cup shows us he/she can understand verbal commands and complete them.
4. Being able to communicate needs: Communication can mean many things not just verbal words. Can he/she use baby sign or communicate to get their point across to you.
5. Be able to attend to a task. To release our bladder or bowels, we must relax. It does not happen instantly, so a child needs to be able to attend to a task long enough to relax and allow the body to go through that process. We help that process by doing activities which we will discuss later. Can you sit and read a short book without the child wandering off immediately? Can they play a single game for roughly 5 minutes?
6. Wanting to do things by themselves "Me do it!" This one is not a deal breaker, but it sure helps. When we are motivated to gain independence, we are more excited and willing to learn.

Where to start?

There are a few ways to go about this but first we need to prepare. Here are a few suggestions.

1. Reading Books

Picture books that identify objects in the bathroom are great. After reading the books, go into the bathroom and look for the same objects so it connects and adds vocabulary.

Stories such as:



Videos: There are so many short and interactive videos. Here are a couple suggestions.



[\(29\) DANIEL TIGER'S NEIGHBORHOOD | "Go Potty, Go" Song | PBS KIDS - YouTube](#)



<https://youtu.be/nV2trLD8n4o>



[\(29\) Potty Training Video for Toddlers to Watch | Toilet Training Video | Baby Songs - YouTube](#)

2. Visiting different potties

If you are comfortable with your child going the bathroom with you, it can be a wonderful opportunity to watch the experience. Talk about where you are sitting and what you are doing. It helps the process go from abstract to concrete. Also, when you go to various locations, make a game looking for the bathroom. Family/friends' houses, stores, and so on.

Time to Begin

School

At home there are many ways to potty train, but as we work on it at school we need to focus on preparation and communication.

1. Lots of change of clothes: accidents are to be expected. On Monday bring 5 changes of clothes. As accidents occur, those clothes will be refilled and have replaced the next day. Clothes need to be super easy to pull up and down; elastic waist pants or shorts (dresses and skirts can make it harder at the beginning since they could sit on them by accident).
2. When an accident occurs outside the bathroom, always go to the bathroom to clean up and change. This brings the focus back to the bathroom. The child must take part in cleaning themselves up. This is done in a positive and supportive manner. Learning to care for ourselves is an important skill we teach early. We are not excepting them to thoroughly clean themselves and will be fully involved as well. The focus be more for teaching.

Schedule

For the first week to 2 weeks, we will bring the child to the bathroom every 30 minutes until they go. Once the child eliminates in the toilet, the teacher will take them every hour, before and after nap and anytime the child is showing cues or asking to go. Every attempt, accident, and success will be documented for 2 weeks.

After 2 weeks, we should have a steady baseline to aid us in regular times. Child will also be taken before transitions such as recess, before and after nap, and before any special events such as Shabbat.

Pull-ups vs Underwear

Pull-ups are a tool for transitioning to potty training. Once you are all in, they are no longer efficient. Once a child is in underwear or the thick training underwear, we want to maintain that consistency. Going back and forth, other than naptime, can be so confusing and derail potty training efforts. For sleeping, pull-ups are better than diapers since they are less absorbent and still help the child feel those physical cues.

Helpful Articles:

[Why Is Pooping Scary For Newly Potty-Trained Children? \(nationwidechildrens.org\)](https://www.nationwidechildrens.org/why-is-poopng-scary-for-newly-potty-trained-children)

[12 Common Potty Training Problems—And How to Solve Them \(parents.com\)](https://www.parents.com/12-common-potty-training-problems-and-how-to-solve-them)

[Free Potty Training Chart Printables | Customize Online & Print at Home \(rewardcharts4kids.com\)](https://www.rewardcharts4kids.com/free-potty-training-chart-printables)

[Potty Training: Learning to Use the Toilet • ZERO TO THREE](https://www.zerotothree.com/potty-training-learning-to-use-the-toilet)