



# POTTY TRAINING

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Potty training is a significant milestone in a child's development. The journey to becoming toilet-trained involves a combination of physical, cognitive, and emotional readiness. Understanding and recognizing the signs of readiness can help parents, teachers, and caregivers initiate potty training at an appropriate time, ensuring a positive and successful experience for the child.

It is understandable that adults often feel pressured to start potty training early due to societal expectations, daycare policies, or advice from well-meaning friends and family. These pressures can make parents anxious about their child's development and lead them to start the process prematurely, which can be counterproductive and actually harmful to the child's development. Despite these pressures, it's important to remember that each child develops at their own pace, and waiting until the child shows clear signs of readiness, typically between the ages of 18 months to 3 years old, will ultimately lead to a smoother and more successful potty training experience for both the child and adult.



# SIGNS OF POTTY READINESS

Recognizing these signs of readiness can help parents, teachers, and caregivers determine the right time to start potty training, ensuring a positive and successful experience for the child. Each child is unique, and the presence of these signs can vary; it is important to be patient and supportive throughout the process.

<b>Category</b>	<b>Signs of Readiness</b>
<b>Physical Signs</b>	<ul style="list-style-type: none"><li>• Stays dry for at least 2 hours during the day and/or is dry after naps</li><li>• Has regular and predictable bowel movements</li><li>• Can walk and sit down on a potty or toilet independently</li><li>• Can pull pants up and down without assistance</li><li>• Shows physical signs of needing to go, such as squatting, holding the genital area, or making faces</li></ul>
<b>Cognitive Signs</b>	<ul style="list-style-type: none"><li>• Can understand and follow basic instructions such as "sit on the potty" or "pull down your pants"</li><li>• Understands words related to using the toilet (e.g., pee, poop, potty)</li><li>• Can recognize the feeling of needing to go and may communicate it before it happens</li><li>• Shows interest in using the toilet, wearing underwear, or imitating adults, siblings, or peers</li><li>• Indicates discomfort with wet or soiled diapers and may ask to be changed</li></ul>
<b>Emotional and Social Signs</b>	<ul style="list-style-type: none"><li>• Wants to do things by themselves, showing a desire for more control and independence</li><li>• Expresses a desire to use the potty or toilet</li><li>• Shows interest in &amp; imitates family members or peers using the toilet</li><li>• Is pleased with their own achievements and may show pride when they successfully use the potty</li><li>• Can handle changes in routine &amp; is not overly stressed by new activities</li></ul>



## NEXT STEPS AFTER POTTY READINESS

Once children show signs of readiness for potty training, the next steps involve creating a supportive environment and gradually introducing them to the process. Here are some key steps to consider:

- 1. Prepare the Environment:** Set up a designated potty area in the bathroom or another convenient location. Ensure that the potty is easily accessible and that your child feels comfortable using it.
- 2. Introduce the Concept:** Start by talking to your child about using the potty and explaining what it is for. You may also purchase some potty training books and “big kid underwear” to spark more excitement.
- 3. Model Behavior:** Let your child observe you or older siblings using the toilet. This can help them understand what is expected and feel more comfortable with the process.



**4. Practice Sitting on the Potty:** Encourage your child to explore and sit on the potty to get used to the feeling.

**5. Encourage Regular Bathroom Visits:** Encourage your child to sit on the potty at regular intervals, such as after meals or before bedtime (or anytime you perceive they typically “go.” This can help establish a routine and reinforce the idea of using the potty.

**6. Communicate with the Child's Teacher:** If your child attends preschool or daycare, communicate with their teacher about the potty training process. Coordinate efforts between home and school to provide consistency and support for your child.

**7. Spend Time at Home Naked:** For an expedited approach, consider allowing your child to spend extra, concentrated time at home without diapers or pants. This can make it easier for them to recognize their body's signals and respond to the need to go potty without distractions and transitions.

**8. Be Patient and Supportive:** Potty training can be a challenging process, and accidents are to be expected. Stay patient and supportive, and avoid getting frustrated or upset with your child. Remember that every child progresses at their own pace.



# POTTY TRAINING MATERIALS



## FLOOR POTTY

Portable and convenient for beginners, offers quick access (low to ground) for early potty training stages.



## ATTACHABLE LADDER WITH SEAT

Encourages independence by allowing children to use adult toilets, and comes with ladder for reach.



## PORTABLE POTTY SEAT

Portable & encourages independence by allowing children to use adult toilets. Pair with a step-stool for access



## PORTABLE POTTY

Offers a hygienic solution for potty emergencies while traveling, easy setup and cleanup with disposable liners.



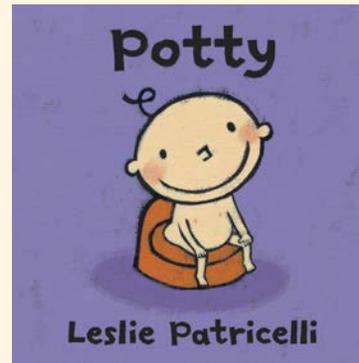
## FLOOR POTTY

A step stool can help your child reach the toilet and sink more easily and promotes independence.



## UNDERWEAR & EXTRA CLOTHES

Look for options that are comfortable and easy for your child to pull up and down.



## POTTY BOOKS

Provide books about potty training to help your child process and relate to the experience.



## MATTRESS PROTECTOR

Helps to prevent leaks or accidents from soaking into the mattress while sleeping.

# THE DON'TS OF POTTY TRAINING: AVOIDING HARMFUL PRACTICE

Potty training is a significant milestone in a child's development, but it's essential to approach it with care and sensitivity. Avoiding certain practices can help prevent negative outcomes and promote a positive experience for children, parents, and teachers. Here are the "don'ts" of potty training and why they should be avoided:

**1. Don't Force Potty Training Before Readiness:** Pressuring a child to use the potty before they are developmentally ready can lead to physical and emotional problems. Studies have shown that early potty training may increase the risk of urinary tract infections (UTIs), bedwetting, constipation, and psychological distress.

- **Physiological Repercussions**

- **Urinary Tract Infections (UTIs):** Forcing a child to use the potty before they are ready can increase the risk of UTIs. Early potty training can lead to incomplete bladder emptying because the child may not fully relax during urination. This can cause urine to remain in the bladder, creating a breeding ground for bacteria.
- **Constipation:** Pressuring children to use the potty before they are physically ready can lead to withholding behaviors, where they avoid defecating to resist the pressure. This can cause chronic constipation, which in turn may lead to painful bowel movements and further resistance to using the toilet.

- **Bedwetting (Nocturnal Enuresis):** Premature potty training can also contribute to bedwetting issues. Children who are not developmentally ready might not have the bladder control necessary to stay dry overnight, leading to prolonged periods of bedwetting which can persist into older childhood.
- **Psychological Repercussions**
  - **Anxiety and Stress:** Forcing potty training can create a stressful environment for the child, leading to anxiety around toileting. The pressure to meet expectations can cause fear and resistance, making the process more challenging for both the child, parents, and teachers .
  - **Shame and Low Self-Esteem:** If a child is punished or scolded for accidents or failures during potty training, it can lead to feelings of shame and diminished self-esteem. This negative emotional experience can impact their overall confidence and willingness to engage in future learning tasks.
  - **Power Struggles and Behavioral Issues:** Forced potty training can lead to power struggles between parents, teachers, and children. The child may use resistance as a form of asserting control, which can lead to broader behavioral issues and strained adult-child relationships.



**2. Don't Use Punishment or Negative Reinforcement:** Punishing a child for accidents or lack of progress can create anxiety & resistance towards potty training. Negative reinforcement may lead to feelings of shame and low self-esteem, hindering the learning process.



**3. Don't Make Children Sit for Extended Periods:** Expecting children to sit on the potty for long periods can be counter-productive and uncomfortable. It may create negative associations with the potty and cause resistance to using it.

This also confuses your child's association of expelling themselves and the feeling of the potty seat - we want to ensure a direct correlation with the potty and elimination, which can be blurred if children are sitting there for an extended period of time. Do not seat them with toys, books, technology, etc. as this will then shift focus off biological signaling that we want children to become aware of. Instead, encourage short, regular potty visits and praise efforts rather than results.

**4. Don't Use Bribes or Rewards:** Relying on rewards like stickers or treats can backfire and send the wrong message. Children may become dependent on external rewards and lose intrinsic motivation to use the potty. It's essential to focus on positive reinforcement and encouragement through verbal praise instead of bribes and rewards.

**5. Don't Compare or Pressure:** Every child develops at their own pace, and comparing them to others or pressuring them to meet unrealistic expectations can be detrimental. Avoid comments like "Why can't you be like your sibling?" or "All your friends are potty trained." Instead, offer support and encouragement tailored to your child's individual needs. It is not a competition, and sooner does not suggest "better" or "smarter." Don't worry, your child will get there!





## **NO SIGNS OF READINESS & POTTY REGRESSION**

If your child, typically between 18 months to 3 years old, is not showing signs of readiness for potty training, it's essential to remain patient and supportive while continuing to observe their development. If your child is reaching 4 years old without demonstrating readiness for potty training, it may be a cause for further evaluation and intervention.

At this age, most children have developed the physical, cognitive, and emotional skills necessary for potty training, and persistent delays may indicate underlying issues that need to be addressed. In such cases, it's essential to consult with your child's pediatrician or a pediatric specialist to rule out any medical or developmental concerns that may be hindering progress.

Additionally, regression in potty training may occur, even if a child has previously made progress. This regression can be caused by various factors, such as changes in routine, stress, or underlying emotional issues. It's essential to approach regression with patience and understanding, providing support and reassurance to help your child navigate this temporary setback.



**MADE FOR CHILDREN. DESIGNED FOR YOU.**

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