

FCUSD Guide to Potty Training & Parent Resources

Potty Training- Tips and Resources





FCUSD understands the challenges that come with potty training and the importance of providing resources and support to make this transition smoother for both parents and children.

We are excited to share some comprehensive Potty Training Resources, designed to assist you during this important developmental milestone. Our goal is to create a positive and supportive environment for your child as they embark on this journey towards independence.

We have prepared informative and user-friendly printable guides that you can refer to at home. These guides cover topics such as creating a potty training routine, recognizing signs of readiness, and dealing with common challenges.

Open communication between you and your child's teacher is key to school potty training success. Teachers and staff are always available to address any concerns or questions you may have regarding your child's progress in potty training.

We understand that every child is unique, and the journey of potty training can vary from one individual to another. Our resources are tailored to accommodate different learning styles and preferences, ensuring that your child receives the support they need. We are committed to making the potty training experience a positive and successful one for both you and your child.

If you have any specific questions or concerns, please don't hesitate to reach out to our team.

Thank you for entrusting FCUSD with the care and development of your precious little ones.

Is My Child Ready for Potty Training?



All parents are looking forward to the day that diapers are no more! You may be ready for your child to be using the toilet, but is he? Here are a few things to keep in mind when asking yourself "Is my child ready to lose the diapers and start using the potty?"

1. Your child indicates that their diaper is dirty. Whether it is touching/pulling at their diaper or saying "poop!" after a bowel movement, your child needs to be able to show you that they are aware of the uncomfortable feeling "down there".
2. Their diaper is dry for longer periods of time (at least two hours) and their bowel movements are predictable. This shows that they are starting to have bladder and bowel control. If your child is dry after a nap, they are demonstrating bladder control during this time (overnight may take a little longer!).
3. Your child shows an interest in your toileting. Children love imitating adult behavior! Just like playing dress up in your clothes and going to "work" or pretending to talk on the phone, they may show an interest in what you do in the bathroom. Use this to your advantage! Answer questions and allow them to join you in the bathroom.
4. Your child can follow multi step directions. There are a few steps that go into using the toilet (go to bathroom, pull down pants, sit on potty...). Once your child demonstrates that they can follow a few directions ("pick up your toy, put it in the toy box, close the lid, and come back!"), they may be receptively ready to start potty training.
5. Your child can pull their pants down and up (it's ok if they need a little help!) This one is a little more obvious – if they cannot pull their pants down, they will have an accident! While you'll be there to help at first, the goal is for your child to meet their own needs. But beware – once they figure this out, you may have a little nudist on your hands!

Remember, every child is different! It is a normal process in child development and we all move at our own pace. If you push it and your child is not yet ready, it may backfire and they may fight you on it! Look for their signs that they are ready...not your idea of when they "should" be potty trained!

Toilet Training Milestone: Getting Started & Developmental Milestone

By Sarah Shkibaie: Registered Australian Occupational Therapist

As a new parent, you may be concerned about whether your child is meeting their milestones, especially in the first five years of their lives. This is something that is constantly on the minds of new parents. Toilet training can be a stressful process for many parents but knowing whether or not your child is meeting their developmental milestones for toileting can make it more manageable.

Toileting training is a developmental milestone that can vary between children. But there are general age ranges that certain skills should be developed by. For example, by 2 years old, your child should be able to tell you they need to go to the toilet. Or by 5 years old, they should be [toileting](#) independently. If your child is not yet toilet trained in the day by 4 years old, you may want to discuss this with your local doctor or Occupational Therapist.

Remembering that each child may start their toilet training at different ages, we will talk about some general age ranges of toilet training and some tips to help your child learn to use the toilet independently.

General ages for toileting skill development

Although each child may learn [toileting](#) training skills at different stages, here are some general ages for each skill development.

- 1.5 years – Child may indicate discomfort from wetness in their nappies
- 2 years – Tells you they need to go to the toilet
- 3 years – Able to use the toilet in the day with a few accidents
- 4 years – Stays dry at night with almost no accidents
- 5 years – Can toilet independently ([includes wiping bottom](#))
- 6 years – Stays dry at night-time. *About 15% of children aged 7 still experience regular night-time incontinence.

<http://www.melbournepaediatricspecialists.com.au/incontinence-in-children/>

What is a developmental milestone?

A developmental milestone is an age when most children can do a certain task. For example when a child learns to walk or talk.

However, unlike walking and talking, there is no specific age for a child to meet their toileting training developmental milestone. Each child will learn to use the toilet at different ages and when they are ready. You should not worry if your child is taking longer than other children. The most important first step is to recognize when your child is ready for toilet training.

Is my child ready for toilet training?

Before you start toilet training, it is important for you to recognize the signs that your child is ready to be toilet trained or potty trained. In the lead-up to a child being ready for toilet training, a child shows signs that you can recognize!

Signs that your child is ready for toilet training include:

- Your child can keep a nappy dry for up to 2 hours (this shows a sense of bowel and bladder control)
- Can sit for short periods of time
- They are showing signs of discomfort when they have had an accident
- Your child is interested in other people going to the toilet and may be imitating other people's bathroom habits

What if my child is not showing signs that they are ready?

Although your child may not be showing signs that they are ready for toilet training, you can still help them develop these underlying skills. Here are some tips to help them become ready for toileting:

Encourage them to accompany you to the toilet

Although this might sound weird, getting your child to go to the toilet with you can help them develop toileting training. By being with you in the toilet, they become aware of the toileting process, including pulling pants down, sitting on the toilet, flushing the toilet, and washing hands.

It also allows them to become familiar with the environment. The more familiar they are with the environment, the less scary it is when they need to start going there more often. For example, it allows them to be more familiar with the noises e.g. flushing the toilet.

Practice sitting in one spot for a certain amount of time

Sitting on the toilet, especially for a bowel motion, requires being able to sit for a certain amount of time. Think about a toy or activity that your child enjoys and see how long they can do that activity, while seated.

Practicing sitting on a chair as opposed to sitting on the floor helps with balancing. Therefore, it simulates sitting on the toilet.

Practice undressing

Get your child to practice pulling down their nappies and pants when getting changed. When they start toileting, they will need to know how to take off the clothing. Practicing undressing their clothes will assist to start toilet training.

When they start to understand the process, use positive reinforcement, this will help your child understand simple instructions.

Do some pretend play

Do pretend [play](#) where their doll or favorite character sits on a potty or go to the toilet. This can help them practice the toileting process. You can also put clothes on their doll or favorite character so they have more opportunities to practice dressing and undressing.

Conclusion

We hope this article has been helpful for parents who are wondering if their child is ready for toilet training or potty training. It's important to remember that there are many other developmental milestones before toileting, so don't be alarmed if your child isn't showing signs of readiness yet! Different parents will have different toilet training methods & toilet training tips, but the above are strategies and milestones that are used by occupational therapists. But when your child masters toilet training and moves from a training potty to a potty chair to a potty seat & you eventually start to notice less dirty diapers, wow, is it a good feeling!

Stages of Toilet Training: Different Skills, Different Schedules



One of the most difficult aspects of toilet training for many parents is the uneven pace at which different types of training occur. Your child may learn to urinate into a potty quite easily but take several more months to start having bowel movements there. Daytime training may have been a breeze for your toddler, but he continues to wet the bed frequently through age five.

Since the order and speed with which each of these skills is mastered may differ from child to child, it is impossible to compare one child's mastery with another's to determine whether your child's progress is "normal." In most cases, the best response to uneven adoption of skills is to remain patient and supportive, giving your child the time he needs to take the next step toward complete success.

Delays in bowel control can be particularly disturbing for many parents, however—especially when children exhibit such puzzling behavior as secretly depositing bowel movements in a closet or other hiding place, smearing feces on the wall or other surface, or bursting into tears when their stool is flushed down the toilet. Our own adult associations with bowel movements are so negative that it is hard to remember that very young children have little awareness of the presence of germs, the potential for mess, the attached cultural stigma, and so on.

On the contrary, toddlers and preschoolers are often extremely proud of the product their bodies have created—expecting praise and admiration, not displeasure—and are reluctant or even anxious at the prospect of letting these products go. This reluctance can grow even stronger during periods when mastery of their body or privacy becomes a high-priority issue in their lives, or when they are experiencing a fear of the potty or of some other aspect of bowel training that they are unable to articulate.

In most cases, hiding or playing with stool, or resistance to bowel training, is a normal part of early childhood that will soon pass if you do not respond to it in an overemotional way. Instead, calmly ask your child why he is behaving in this way, firmly remind him of the rules about where stool goes, and work to come up with a solution to his problem—preferably with his help. You may find that your child is more willing to deposit his stool in the potty if he is then allowed to transfer it to the toilet and flush it himself. You may decide that it is necessary to monitor your child's potty use until his interest in playing with his stools has passed.

In many cases, when your child's health or other important considerations are not at stake, you may find that the best solution is to simply wait until your child matures. If so, you may find that what at first

seemed an enormous gap between bladder and bowel training actually turned out to be no more than three or four weeks.

While nighttime bowel control occurs quite early and naturally in most children, bladder control usually occurs much later—frequently months or even years after daytime training is complete—and requires conscious effort. Forty percent of children in this country continue to wet the bed while sleeping after they have been fully day-trained. Bedwetting continues to be quite common through age five, and it usually does not require medical intervention until age eight to ten. Many children under age six are not physiologically capable of remaining dry at night, since their bladders have not sufficiently matured and their bodies may not yet consistently wake them from sleep when it's time to urinate. Nearly every child will experience at least a few nighttime bedwettings before the toilet-training process is truly complete. Since conflicts over such mishaps can easily spill over to cause resistance during the day, it is usually best to downplay night training through the toddler and even perhaps the preschool years. If your child is capable of consistently waking up to use the bathroom even at age two or three, count yourself lucky and allow him to do so. If accidents occur frequently, try keeping him in training pants or even a diaper at night for as long as he feels comfortable in them, and respond calmly to any accidents that occur.

Last Updated 11/2/2009

Source Guide to Toilet Training (Copyright © 2003 American Academy of Pediatrics)

The information contained should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

The Four Stages of Toilet Learning

By Kristi Hayward (CDFC Teacher)

Stage One: Toilet Play

- Pretends to toilet, usually with clothes on
- Observes others going to the bathroom
- Shows an interest in the toilet

Stage Two: Toilet Practice

- Practices flushing
- Practices pulling pants up and down
- Practices getting on and off the toilet
- Practices squatting and standing
- Practices hand washing
- Ask is diaper is wet or dry, clean or dirty

Stage Three: Toilet Learning

- Shows interest in wearing “real” underwear
- Feels the need to urinate by showing gestures, is verbal or uses facial expressions
- Holds urine for longer periods of time
- Acquires the desire to be clean
- Has words for using the toilet and tells you when they have to go
- Can pull pants up and down for themselves
- Stands and sits well on their own
- Shows signs of pushing and concentration when they are ready for a bowel movement
- Tells you they are soiled or wet and needs to be changed

Stage Four: Independent Toileting

What You Can Do

- Explain to the child you will be taking them to the toilet and what will happen. Introduce them to underwear and show them yours.
- Let the child pick out “real” underwear. They may have a favorite character like Barbie, Dora, Batman, Spiderman, Bob the Builder, etc.
- Let the child watch a parent or sibling urinate to help them visually learn.
- Give encouragement and positive reinforcement for trying to use the toilet.
- Turn on the water to use as a stimulus to urinate during early toilet learning.
- Read books with your child about toilet learning.
- Mentally prepare yourself for the process.
- Let the child be in charge of as much of the process as possible. Tell them to let you know when they have to go.
- Make up a song as encouragement.
- Pretend to be something or dance while going into the bathroom.
 - Kangaroo, elephant, bird, lion, train, airplane, etc.
- Give an appropriate vocabulary for body parts and functions.
- Provide a potty chair for learning and/or a step stool to use the toilet. Let the child use whichever they prefer. Remember they need to feel comfortable.
- Give the child a book to read to relax while sitting on the toilet. You may also save special books just for when they are sitting on the toilet.
- Give simple answers to questions without making the child feel embarrassed or ashamed for asking.
- Begin a routine of handwashing after each visit to the toilet.
- Monitor fluid intake, especially before bedtime.
- Postpone toilet learning if the child does not seem to catch on or does not seem interested.
- Talk about the items in the bathroom and what they do.
 - Toilet, sink, soap dispenser, toilet paper, etc.
- Use positive encouraging phrases.
 - “You did it”, “Way to go”, “Good for you”, etc.
- Ask child gently if they need to use the toilet throughout the day.
- Cue children as adults toilet, “I’ll be back, my body tells me I have to use the toilet.”
- Focus on the progress.
- Under-react to accidents.
- Approach accidents as opportunities for the child to learn how to clean up and get dressed. Be warm and supportive.
- Dress children in easy-to-remove clothing. Sweatpants are the best.

What Not To Do

- Do not dress your child in clothing that is hard to get out of during early learning. Wearing these items may cause extra stress for the child if they can not get them off in time or are always getting wet are having to change their clothes. Do not dress them in these until they have mastered toileting with them on and can undress themselves.
 - Examples: overalls, buttons, onesies and dresses
- Do not shame, threaten or punish a child for having an accident.
- Do not insist a child remain on the toilet longer than five to seven minutes. The child may develop an association of unpleasantness with the bathroom.
- Do not take away privileges for accidents.
- Do not force a child to start learning who is not ready.
- Do not use words like “dirty,” “naughty” or “stinky.” These negative terms can make your child feel ashamed and self conscious.
- Do not use food or other treats as a bribe.
- Do not expect it to happen overnight.
- Do not stress out about it! It will happen.
- Do not compare your child with another.

Hygiene Hints

When a child is learning how to use a toilet, it is also important that he or she learn hygiene. Here are some hints:

- Teach girls to wipe from front to back, because bacteria can easily be transferred from the anus to the vaginal area.
- Hand washing should always be included at the end of every child's bathroom routine.
- Encourage children to wipe gently, to prevent irritation which can cause infection.
- When accidents occur, never leave a child in wet or dirty clothing. Change the child's clothing as quickly as possible, and have the child assist you where appropriate.

References for Children and Parents

Children's Books

- KoKo Bear's New Potty by Vicki Lansky
- Annie's Potty by Judith Caseley
- Once Upon a Potty by Alona Frankel
- I Want My Potty by Tony Ross
- I Have To Go by Robert Munsch

- Going to the Potty by Mr. Rogers
- My Potty Chair by Ruth Young
- Your New Potty by Joanna Cole
- Toilet Learning by Alison Mack
- Potty Time by Betty Reichmeier
- No More Diapers by J.G. Brooks
- Everybody Poops by Taro Gomi
- The Toilet Book by Jan Pienkowski
- Stop and Go Potty by Judith H. Blau
- My Potty Book by Mary Atkinson
- I'm Grown Up by Margaret Miller
- Getting Dressed by Ben Argueta

Adult Books

- Toddlers and Parents by Barry T Brazelton
- Good Behavior by Stephen W Garber
- Toilet Training by Vicki Lansky
- Toilet Training Without Tears by Charles Schaefer, M.D.
- Mommy, I have to go potty! by Jan Faull M.Ed
- The Comprehensive Toddler Curriculum by Kay Albrecht and Linda G. Miller