

## Our Potty Training Philosophy

Learning to use the toilet is an important self-help skill for your child. Potty training should be a non-stressful experience appropriate for each child's individual development, involving the child, parents, and the caregiver. All involved must work together to make the child comfortable, confident, and successful.

## When is Your Child Ready to Start Potty Training?

- Is your child at least 18 months old?  
Children will develop their bladder capacity as well as muscles to control their bladder between 18-24 months.
- Can your child go 2 hours with a dry diaper?  
This indicates that your child has a large enough bladder to have success during potty training.
- Can your child tell you, and know themselves that they are wet or have had a bowel movement?  
Children need to be aware that they are wet or have had a bowel movement to be successful during potty training.
- Can your child sit in an upright position for at least 5 minutes?  
Your child needs to be able to sit on the toilet long enough to have a bowel movement or to urinate.
- Can your child communicate to you that they are uncomfortable in wet or soiled diapers?  
When your child is ready to begin potty training they will pull at their wet or soiled diapers and want to be changed.
- Can your child get themselves ready to use the potty by pulling down their own pants?  
This needs to become a self-help independent skill, and being able to undress themselves is important.
- Can your child get to the potty by themselves?  
Your child needs to independently walk to the bathroom without the help of an adult or holding onto furniture or walls.

- Can your child follow easy directions?
- Is your child able to answer simple yes or no questions?  
Being able to communicate with your child about being wet or soiled is very important in this process.
- Does your child imitate other people doing various things?  
If they will imitate you doing things then it is likely that they will imitate you when it comes to potty training them as well.
- Does your child feel at ease and trust the adults that care for them?
- Does your child act excited and or proud when they discover new skills?  
A child that gets excited about learning something new will most likely get excited about learning how to use the toilet.

At the end of the day you know your child best! If you think they are ready, communicate with us your plan so we can do our best to make it an easy and enjoyable transition for everyone.