

Potty Training Tips

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OVERVIEW & PURPOSE

- These tips aim to guide you through the complexities of The Potty-Training Process
- Cultivating empathy towards the fact that your child has been using diapers since birth will help you remain patient when potty-training doesn't go as smoothly as expected
- Potty-training involves thoughtful consideration, planning, anticipation, body awareness, recognizing the urge to go, and executing timely actions to prevent accidents



What Is Normal

- It is normal for your child to start regulating their bladder and bowels naturally. Once your child is physiologically ready they will not be peeing every 30 minutes to an hour like a baby. They will be peeing like us, every few hours and pooping like us, usually once or twice a day. So, when you are potty training and your child “holds it”, they might not be holding their pee at all. It might just be that they don’t need to go as frequently as you anticipated.
- Accidents are normal. It’s simple, children prefer to play. Stopping what they are doing to go sit on a toilet is boring and no fun. When a child has an accident, figure out why, take the accident as a teaching opportunity, re-direct, and move on. Accidents do not mean your child is not physiologically ready.
- Mourning the diaper is normal, especially for an older child. They can’t understand the benefits and bigger picture like we do. Talk to them about the hygienic important aspects of being diaper free and not soiling themselves. Try to make potty-training fun with patients, laughter, songs, books and a lot of understanding. Taking the pressure off goes a long way.



TIPS

- Provide ample pre-education before diving into active potty training. Dedicate one to three months to establish a strong potty foundation for your child, reducing the likelihood of potty-training refusal. Pre-education includes talking to your child while they pee and poop to raise awareness of their bodily functions, teaching them about wet and dry concepts, placing a potty near your toilet for them to mimic you, offering books and videos on potty training, and engaging in play activities involving dolls and toys. Opening their minds to what lies ahead is crucial.
- Mentally prepare yourself for potential challenges along the way. Remember, change is difficult for everyone. Anticipate some setbacks in the process; perfection is unattainable, and each child has a unique learning style. Mistakes serve as valuable learning opportunities.
- Keep your workload and chores light as you go through the motions with your child. Use this time as an opportunity to bond rather than turning it into a dreaded event. Keep in mind that this marks the final transition from baby to big kid. Remaining close to your child during the active training process allows you to catch pees and poops in the potty, offering valuable teaching moments to connect the dots and build strong potty associations.





Basic Process of a Common Potty-Training Method

- Massive Teaching
- Naked Training
- Loose Underwear Training
- Fully Clothed Training

Potty-Training Tips



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