



ABCs of Potty Training

Takeaways and Resources

Children learn by repeating; design routines to support you and your child learn how to take care of his/her body throughout childhood.

- After your child is +18 months, notice your child's readiness cues – asks for dry diaper or shirt
- Work on a cooperative rhythm when you play and in daily routines – take turns deciding what to do next. Focus on 'hotspots' throughout the day and make them fun!
- Assess your own readiness to sustain a potty learning routine and when ready
 - Read resources, introduce a potty and create a routine to guide you and your child
 - Support potty learning with smiles, praise, songs, and rhymes
 - Praise - "You got to the potty before you pee'd—Yay!"



Stay calm and persist. Accidents will happen. Plan for how you will respond to accidents. Say a routine phrase "It's alright for accidents to happen." Handle them the same way "Let's get a towel and clean it up together." Learning will how to do it will be helped if you stay on top of it, using the same reminders you planned for.

Resources: Websites

- <https://www.goodhousekeeping.com/life/parenting/g3802/potty-training-tricks/>
- <https://www.verywellfamily.com/three-day-potty-training-tips-4071189>
- Books - **Jamie Glowocki, *Oh Crap! Potty Training*** - Step by step instructions for getting out of diapers during the daytime and night. **Brandi Brucks, *Potty Training in 3 Days*** - Encourages a 3-day approach and has good advice.

TIP: Parents need to show children how to take care of their bodies. Children don't know how to do this! Show your child calmly and try to see the challenges through his/her eyes.

