

Real Talk

IDEAS FOR PARENTING YOUNG CHILDREN

Brought to you in partnership by:



**A. Sophie Rogers School
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in the Schoenbaum Family Center at OSU



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REAL TALK | POTTY TRAINING



Potty Training

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My Story

- Value of talking with other families
- Claudia's story

My daughter was 18 months when I thought she was ready but I was wrong.

I was ready to support her but I respected her decision.

However, she was fully potty trained at 2 and a half years old.

My son was ready at 2 years old, but I wasn't.

I explained him the reason why I was not ready to support him and he understood.

However, he was fully potty trained at 3 years old.

What does it mean to be potty trained?

A child who is potty trained:

- gets their clothes on and off to use the potty
- routinely pees and poops in the toilet
- initiates the whole thing themselves without reminders





When should you start potty training?



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Indicators that your child is ready:

- Age of the child
- Developmental Skills
- Interest
- Knowledge of wetness or bowel movement
- Ability to follow directions
- Consistent dry diapers
- Self-help skills



Factors that Influence Readiness

- Changes in the child's household or other transitions
- Is the child in a negative phase?
- Are YOU ready to begin the toilet learning process?



Tips for Success

- Tools
- The environment
- Physical & emotional
- Trips/car rides
- Boys vs. Girls



Consistency is KEY!

- Starting early with self-help skills
- Keep a record
- Dress for success
- Offering a choice
- Establish a routine
- Set a timer
- Arrange the bathroom space
- Reassurance and Acceptance
- Encouragement vs. Rewards



Clothing that Supports Success

- Loose fitting t-shirts
- Yoga/stretch pants
- Sweatpants
- Leggings
- Velcro or slip-on shoes



Dress for Success

Clothing that makes potty training difficult....

- Bib overalls
- Pants with buckles, snaps, or buttons
- Belts
- One-piece outfits
- Onesies
- Dresses, skirts
- Tights



Nighttime Potty-Training Tips

- Child's age
- Consistent dry diapers
- Use toilet right before bed
- Wake child and have them potty when you go to bed??
- Reassurance
- Accidents will happen!!
- Waterproof mattress pads
- Layers



Common Challenges

- Constipation
- Regression
- Day time versus nighttime
- Toilet use at home but not at school (or vice-a-versa)

