

POTTY TRAINING



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Introduction



Most milestones in your toddler's life happen on their own, but for potty training you as a caregiver have to initiate it.

Readiness Training:

Preparing your child for later potty training; this increases chances of success.

Can start at 18 months of age or earlier, don't wait till your child is clearly ready.



At 18 months

- Teach about pee and poop, potty ,clean , messy
- If you have pets, point out when they are about to pee and poop
- When the child paces and dances, crosses their legs or pulls at their pants, tell them that the pee or poop wants to come out.
- Consider keeping your child in diapers while you are teaching.



- **At 21 months:** Teach about toilet
- Toilet is where everyone pees/poops
- -Demonstrate by dumping poop from diapers into toilet
- -Have your child watch you/siblings or other toilet trained children using the toilet.
- -Allow him to sit on the potty chair when others use the toilet.



- **After 21 months;**
- Buy them a stand alone potty
- Let them play with it, put their picture on it
- Put the potty chair in the bathroom
- Let the child sit on the potty chair when others use the toilet.
- Don't allow sitting on it with diapers/pull ups
- This may take extra encouragement, time and patience.



- **By 2 years;** consider using some teaching aids
- -Read potty learning books and watch potty learning videos
- -Have the child pretend to train a doll or stuffed animal on the potty chair.

Potty Training



ABC's of potty training

A: Ask yourself are you ready(time) is your child ready

B: Buy a potty chair

C: Create a routine

D: Demonstrate how it is done



A: Make out time for commitment

If he is being potty trained in school, you need to continue at home

Is your child ready?

E.g is he/she uncomfortable in the soiled diaper and demands to be changed right away?

Is he /she staying dry for 2 or more hours at a time, after nap time

Having regular bowel movements?

Is he/she asking to wear regular underwear?

Can he/she follow simple verbal instructions?



NB Kids are different, they develop at different times/rates. Don't compare your child with his siblings or other kids.

B: Have about 2 potty chairs, keep one in the bathroom where the child usually plays, this easy access increases the chances that they will use it without asking you.



C: Have a routine

- First thing in the morning
- After naps or 2 hours without passing urine
- 20 or 30 minutes after meals
- Limit practice sits top no more than 5x/day
- Too many reminders turns some children against the process
- Having a limit also will help you be better at figuring out the best times and signals
- If your child doesn't want to sit on the potty, let it go at that time.
- Your child should sit for about 5 to 10 mins



D: Do practice runs when your child shows signs ; e.g certain facial expression, holding the genital area, pulling the diapers, squatting, grunting etc

- Don't force him/her, it will lead to potty training resistance.
- Don't read or play games with the child while sitting on the potty, it will lead to potty training resistance.



- Allow the child to wear clothing that is easy to remove during potty training; avoid pants with zippers, buttons, belt, etc.
- Avoid outer pants
- Praise your child for cooperation and success e.g you are sitting in the potty just like mommy
- Give praise/hugs mainly for passing urine or stool into the potty.

POTTY TIPS



- Your child will be ready when they are ready, there is no pushing it.
- Change your child calmly after accidents; e.g big boys don't poop on their pants.
- Try not to show your anger; carefully avoid any physical punishment, yelling, scolding. If you do so he/she becomes uncooperative.



Common problems during potty training

- Resistance
- Refusal
- No bowel movement on the potty
- Previously trained but has regressed

To do

Increase their comfort level

Check for constipation

Reassure

Don't give up !!



What should I do if my child is not ready?

- Continue reading books to your child about toilet training
- Ensure bathroom use by role modeling



THANK YOU

Knowledge Questions

You must score 8/10 to pass. Best to you!

Please email (dharrow.fam@gmail.com) or text (478-227-2139) your responses. Thank you!

Denise Harrow Education Manager, FAM



Atrium: Potty Training Presentation
Presenter: Dr. Chioma Eze-Njoku

1. What is a good age to begin potty training?
 2. It is a good practice to keep a child in diapers while potty training. **True or False**
 3. It is appropriate to allow a child to watch someone else use the toilet. It is appropriate for a child to sit on a potty chair in the bathroom while someone else is using the toilet. **True or False**
 4. Where should the potty chair be located during training?
 5. List the “ABC’s” of potty training.
 6. Who initiates the childhood milestone of potty training?
 7. Does potty training involve a commitment of parental time, patience, and presence?
 8. List three (3) routines that are good to create for potty training.
 9. Make potty training fun by reading stories or playing games. **True or False**
 10. What are some ways to reward a child for potty training success?
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- Would you like more resources about potty training? Another topic?
 - How can FAM support you as you oversee your child’s/children’s important milestones?