



## **World of ABC Potty Training Guide**

Potty training is a very important time in a child's life and can be difficult for many parents.

Most children show signs that they are ready for potty training between 18 and 24 months. However, most children show other signs indicating that they may be ready to start potty training, which is often better than using age as the main indicator, such as the following:

- Child expresses interest by asking "What is that?" when pointing to the potty;
- Child shows interest in the potty by sitting on it and then gets off the potty;
- Child pulls down diaper/pull-up without being asked;
- Child shows an interest in wearing underpants;
- Child orally expresses a need to go;
- Child keeps diaper dry for over two hours.

Keep in mind that accidents will happen. During this time it's important to let your child know that accidents happen and they can try again later. Potty training requires a lot of patience, time, and acceptance that setbacks will happen. Recognizing the progress your child has made during the potty training process is important. Showing your child signs of disappointment when an accident happens can result into your child taking a step backward. Instead, offer your support and reassure your child that they are close to using the potty like a big boy/girl. It is important to praise your child each time interest is shown/attempts are made, even if nothing happens.

### **Potty Training Tips**

Once you see that your child is ready to start learning how to use the potty, these tips may help.

1. Make sure your child's clothing is suitable for potty training. Avoid overalls and onesies. Simple clothes are necessary at this stage of training, and children who are potty training need to be able to undress themselves.
2. Do not make your child sit on the toilet against their will. Instead, show your child how you sit on the toilet and explain to them what you're doing (children learn by watching).
3. It is important to establish a routine, for example, you can begin by sitting on the potty after waking up with a dry diaper or by having your child sit on the potty an hour after drinking a lot of fluid.
4. Only have your child sit on the potty for a few minutes a couple of times a day. Always let your child get off the potty once they are ready.



5. Try catching your child in the act of pooping. Children often give clear cues that they need to use the bathroom: their faces turn red, they might make noise, squat, or hide. Most children tend to have a bowel movement around the same time every day.
6. Have your child sit on the potty 15 to 30 minutes after meals to take advantage of the body's natural tendency to have a bowel movement after eating. This is called the gastro-colic reflex.
7. Often parents like to let their child spend some time during the day without a diaper because when a child urinates without wearing a diaper, they may be more likely to feel what's happening and express discomfort. If you chose to keep your child without a diaper for a little while, don't forget to keep the potty close by, protect your rugs and keep in mind that accidents will happen.
8. Offer your child small rewards, such as stickers or time doing something they love, every time he/she uses the toilet. You can also let your child pick out new pairs of underwear to make them excited about the process.
9. Make sure all of your child's caregivers, including babysitters, grandparents and teachers, follow the same routine and use the same names for body parts and bathroom acts. Let them know how you're handling the issue and ask them to use the same approaches so your child won't become confused.
10. Most importantly, make sure your child has shown signs of interest. Pushing a child to potty train may result in the child fearing the toilet or staying in diapers for a longer period of time.

There are some times in which it might be best to postpone the toilet training process due to changes in your child's environment, for example:

- When traveling;
- Around the birth of a sibling;
- While moving to a new house;
- When your child is sick, especially if diarrhea is a factor.

It's always better to wait for your child's environment to be stable and secure. It is important to remember that children will let you know when they're ready. If you're not sure about when to start the potty training, let your child be your guide.