Quick Tips for Potty Training (P.O.T.T.Y.)

1. **Patience:** There is no need to rush the child. Children are ready as early as 18 months, but only 22% of them will be potty trained by that age. It is not until the age of 3 ½ that 88% of children will be potty trained. Just remember that each child is unique and must be trained at their own pace.

2. **Options:** Your child knows their body best. While in the process of potty training it is okay to allow them to choose whether they feel like it is a diaper day or a pull up day. If your child is feeling completely inept to try, then let them wear the diaper for a few days and try again later when they feel more prepared. Again, there is no rush, allow them the freedom to figure out their own body and go at their pace.

3. **Training words:** Teach your child words to use for body parts, urine, and bowel movements, but make sure you use words that you are comfortable using. Make sure not to put too much emphasis on a failed attempt, or a successful attempt, this allows the child to feel more carefree about using the potty rather than feeling the pressure. NEVER use angry words if the child should fail or have an accident, they will occur, and the child needs to understand that they are in a safe environment to try again.

4. **Tools:** Get the child the appropriate tools needed for potty training! These include, a child sized toilet, a stool, potty seat, etc.

5. **Your role:** As parents, it is your job to create a safe environment from which the child can learn. Toileting is a skill, just like reading, speaking, and writing, it takes time to learn, and it must be taught with open mind. Understand that your child will fail and it is important to keep encouraging them to try again. Keep in mind that there is no sure fire method for success so keep looking for methods until you find one that fits!

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