

**IMPRESSIONABLE YEARS
INFANT AND CHILD CARE CENTER**
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Toilet Training Method

This toilet training method only works when it is followed exactly and the classroom is working as a team with your efforts at home. There are a couple of points that need to be stressed;

No stickers or treats should be given when a child has urinated or had a bowel movement in the toilet. This milestone is a part of life and it is something that children need to learn. They should be proud of their accomplishment for its importance and not because they received a treat.

Potty Cheerleading is something that parents many time find themselves participating in. As stated above "going in the potty" should be completed because children are growing up, not because of external factors. A simple, but authentic, "you should be very proud of yourself that is a big step towards growing up" should be sufficient.

In order to be successful, you need to pre-plan this. You need a weekend where nothing is planned, so that the complete focus is on getting your child to the potty when they need to go.

Use only the actual potty. While potty chairs may be more sized for young children, they do present a sanitary risk. Since you will be transitioning onto the regular potty anyway, you may as well start there.

It is important that children wear underpants ONLY. It is part of making sure they are actively involved.

Here are the necessary steps, that when followed, should take about 2 weeks to complete. It is possible to night train at the same time.

1. On Friday evening take him/her to your local store and have him/her pick out many pairs of underpants, whatever kind he/she wants.
2. When you get home, spend a lot of time talking about what will be happening the next morning.
3. As soon as he/she wakes up the next morning, take them to the bathroom and have them sit on the potty. Take as much time as he/she needs; maybe even reading a favorite book. When he/she is finished, have them practice wiping and place him/her in underpants.

4. If he/she went in the potty, begin giving them lots to drink and set a schedule of going to the bathroom every hour. If they did not go potty, give them lots to drink and take them to the potty every 15 minutes until they go in the potty. Then begin the every hour cycle.
5. Spend the rest of your weekend going to the potty every hour. Don't spend a lot of time talking about it or asking if he/she has to go. Just be very matter of fact about the situation.
6. If he/she has an accident, try not to say anything except "well we need to change your clothes".
7. For night time you're going to need to stop giving drinks 2 hours before bedtime. Continue to take them every hour until they go to sleep.
8. At around 12:00 a.m. he/she should be woken and taken to the bathroom.
9. Once they start back at school on Monday, they should arrive in underpants with 5 complete changes of clothes.
10. The caregivers will follow the same time system that you have been working on at home
11. After about 2 weeks, potty learning should be completed enough that he/she will go to the potty with little or no prompting.

UNDER NO CIRCUMSTANCES SHOULD YOU GIVE UP AND PUT CHILD BACK IN DIAPERS. ONCE STARTED FOLLOW IT THROUGH. HE/SHE WILL ONLY GET FRUSTRATED IF YOU DO.