



It's Potty Time

Child, Youth, and School Services



U.S. Army Child, Youth
& School Services

Parent Central Services, 301-295-7540

Introduction



As a parent or caregiver you must be excited about this stage of independence for you child. All of the spent time changing diapers, all of the money wasted on diapers and wipes are soon to be a thing of the past!!!

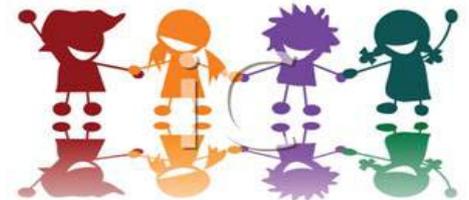
Here are some practical steps to help you with transitioning from diaper to the toilet. These are only suggestions!!!!!!!

Please notify your caregiver that training has started

Step 1

Evaluate Your Child's Readiness

- Does your toddler have the required verbal understanding? This includes being able to understand and carry out simple instructions.
- Does your toddler show signs of wanting to do more things for themselves such as pulling up their own pants?
- Is your child's bladder and bowel control adequately developed? For instance, can he or she go for two or three hours before wetting the diaper?
- You really must not go on to Step 2 until you are confident your toddler can handle being toilet trained.



Step 2



Go Shopping

- You want to make this trip to the shops as much fun as possible for your toddler. So what's on that shopping list?

You should get:

- An anatomically correct doll (a boy doll if you have a son, a girl doll if you have a daughter);
- Potties (yes it's best to have two or three around the home so there is always one close at hand when it's wanted);
- Underpants, preferably vibrantly colored. It's even better if there's a picture of one of their favorite cartoon characters on them. Diaper or training underpants can be a practical solution for any trips out but make sure you treat them as real pants not diapers; a wall chart and stickers.

Remember to let your toddler have a say in the purchase choice.

Step 3

Toilet Train The Doll

- Silly as it may seem, you can potty train the doll.
- The doll is a great teaching tool, it should not be seen as a toy.
- You will be using the doll to model correct behavior.

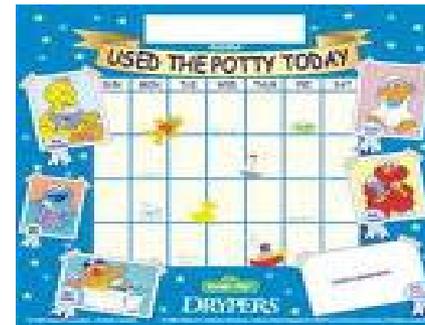


Step 4

Celebrate The Doll's Success

- Each time the doll correctly uses the potty use the praise approach and set up a wall chart to place stickers to records the doll's progress. And when the doll has been potty trained have a party.

You want your toddler to realize that being potty trained is a happy, fun experience.



Step 5



It's Farewell to Diapers

- Put your toddler in pants.
- There's no retreating back to diapers even if there are two or three accidents along the way.

Don't forget the “Celebrate the Successes”

Step 6

Give Your Toddler Plenty Of Fluids

- The more your toddler drinks the more they will need to urinate.



This allows for the toddler to get plenty of practice in using a potty

Step 7

Ask Your Toddler If They Need the Potty

- If they say no that's fine.
- With all those drinks they'll soon need to go.
- Quiz them again a little later.
- If they have a little accident you must not let your child see you are angry or disappointed. Just tell them they'll do better next time.
- Take them to the potty and have them sit on it for two or three minutes. Give them fresh pants to put on.
- At short intervals take them back to the potty for a total of ten times. This will help to build muscle memory.



Very soon they will urinate in the potty.

Summary

Work with the child's caregiver to ensure consistency.

There seems to be a widely held impression, that potty training toddlers is arduous. This is not true.

A little food for thought: It is not just what you say, it's how you say it. This is certainly true when it comes to teaching a toddler new skills.



RECORD

&

CELEBRATE!!!!!!!!!!!!!!!!!!!!!!

Remember children learn repetitiously

General Potty Training

You want to make sure that you have all the tools ready and accessible for your toddler to be successful. Recommended products:

- [Potty Chairs](#) (*1 per floor*)
- [Potty Seats](#) & [Step Stools](#) (*1 per bathroom*)
- [Training Pants](#) (*6-12 pairs*)
- [Potty Training Doll](#) (*for boy or girl*)
- [Books & DVDS](#) (*for kids & adults*)
- [Potty Training Charts](#) (*1 per bathroom*)
- [Potty Training Rewards](#) (*stickers & tattoos*)
- [Character Underwear](#) (*your child's favorite character*)
- [Potty Watch](#) (*to remind your child*)
- [Toilet Targets](#) (*make it more fun!*)
- [Urinals](#) (*for little boys*)

Reference

- *Penny Crane 7 Sure-Fire Tips For Potty Training Toddlers* Home and Family: Babies Toddler, Published: January 31, 2008. <http://ezinearticles.com/?7-Sure-Fire-Tips-For-Potty-Training-Toddlers&id=959491>