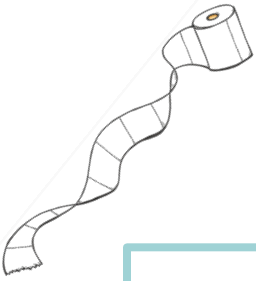
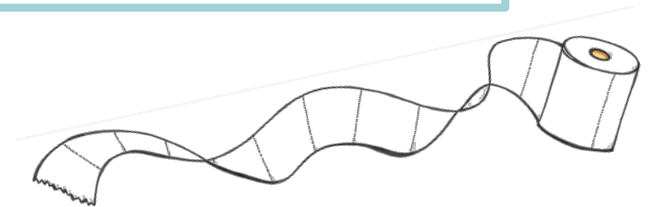
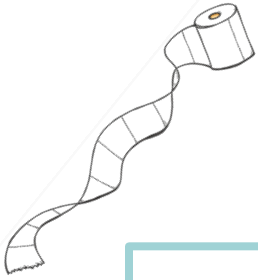


yes, you can! POTTY
TRAINING

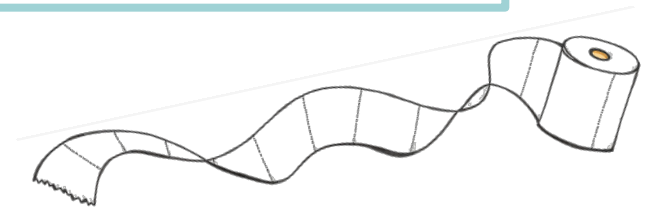
SAUSD Potty Training parent meeting



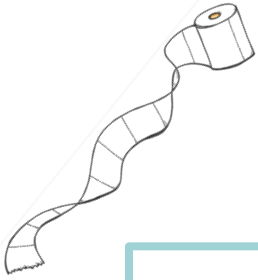
yes, you can! POTTY TRAINING



- Start potty training during a high tide
- Wait until at least 22 months to officially start potty training
- Start positive potty associations around 15-18 months



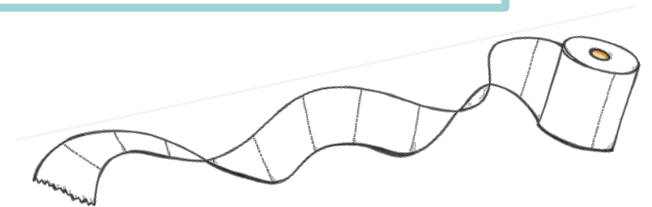
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READINESS

Physical signs

- Hold urine for a couple hours
- Regular bowel movements
- Able to pull up-down pants (with little assistance)



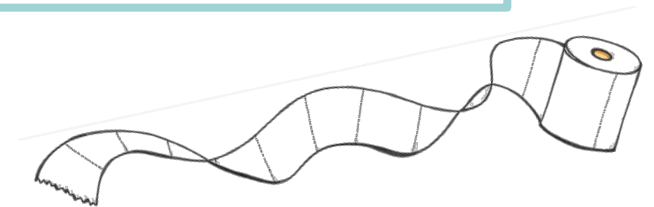


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TRAINING

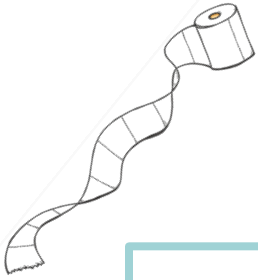
READINESS

Emotional signs

- You and your child are in a good place
- Life is calm (no new baby, new school, moves)
- Shows interest in potty
- Able to play independently
- Demonstrates a want/need for independence
- Dislikes feeling of being wet/soiled



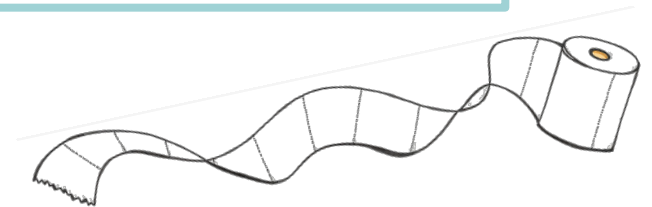
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TRAINING



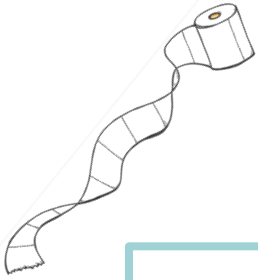
READINESS

Cognitive signs

- Able to follow simple one-step commands
- Has words for pee/poo (can be a sign)
- Starting to tell you the need to go potty
- Has an interest in their body

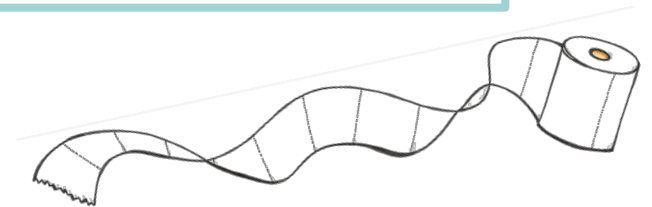


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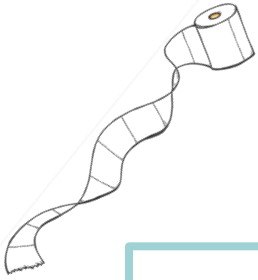


Preparation

- Several pairs of loose-fitting underwear
- Small potty
- Sanitizing wipes
- Child sized step stool
- Rewards (make them simple)
- Plenty of drinks

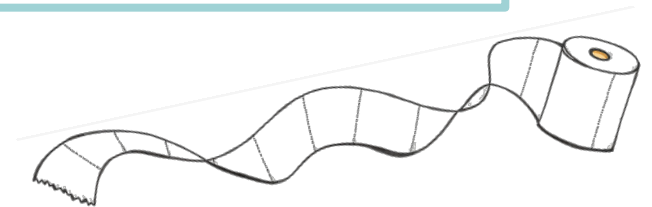


yes, you can! POTTY
TRAINING

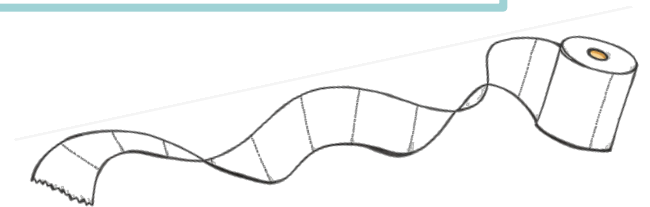
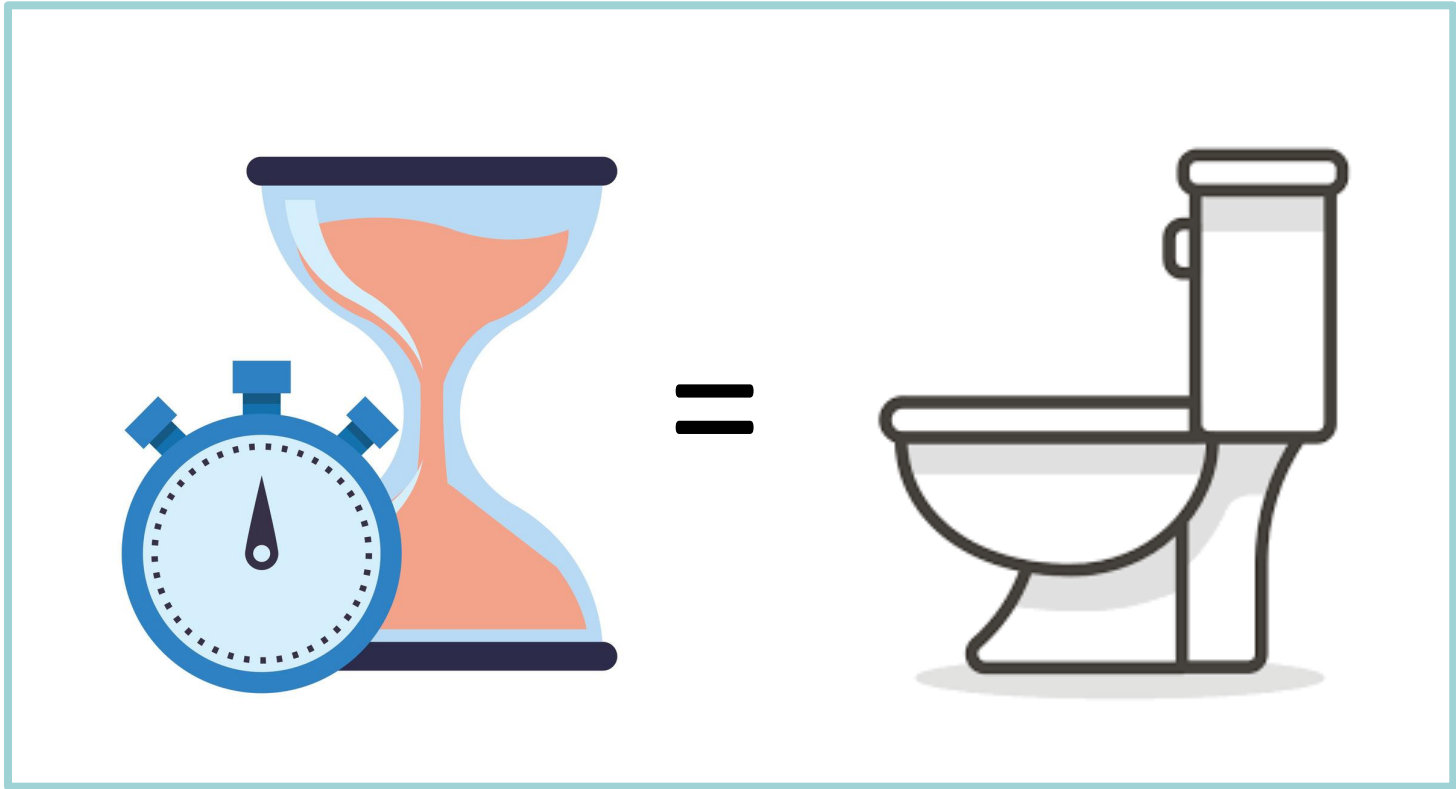
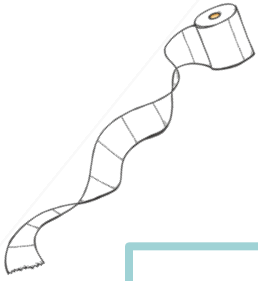


Preparation

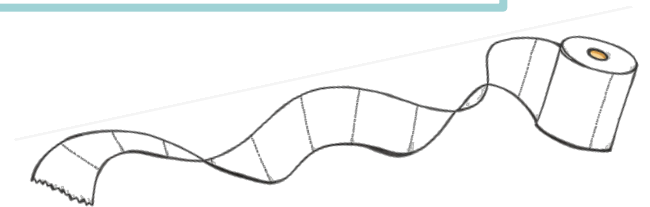
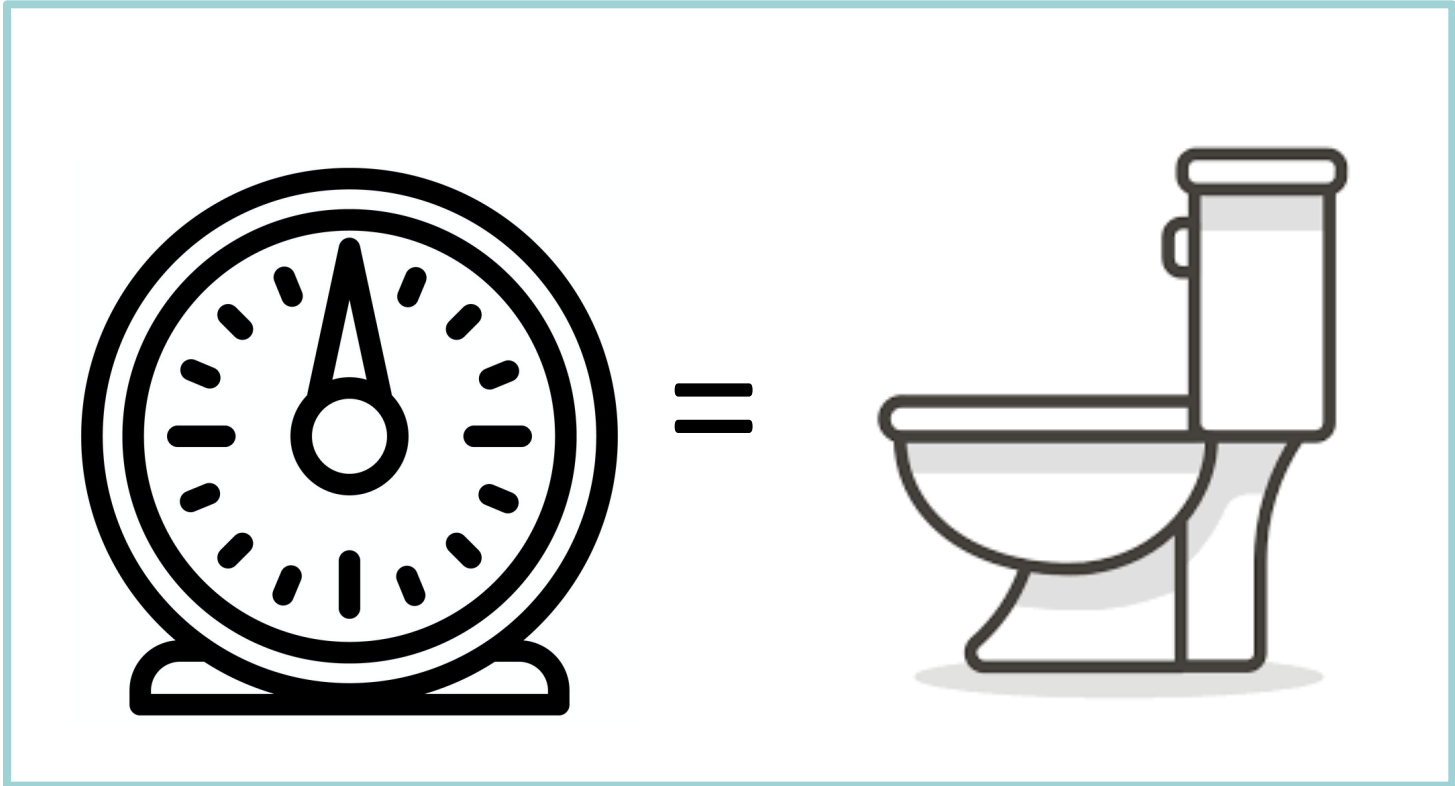
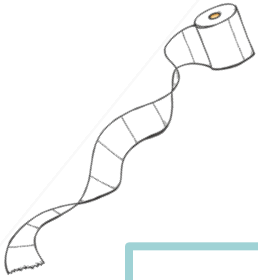
- Several activities for your child to do
- Simple charts if child is non-verbal
- Time to spend with your child



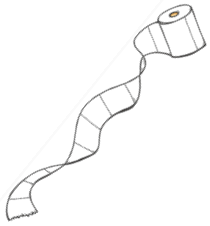
yes, you can! POTTY TRAINING



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TRAINING

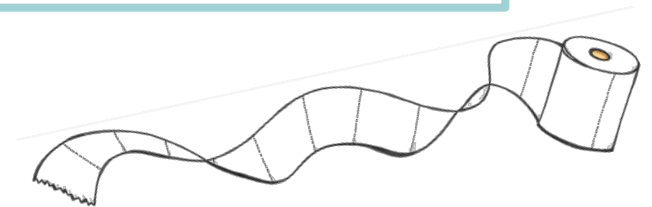


yes, you can! POTTY TRAINING

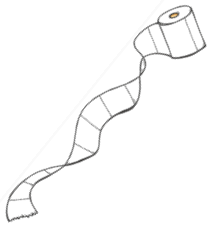


DAYS 1-3

- Upon waking, take off diaper
- Write child a note
- Have child sit on potty (praise them)
- Give your child choice of underwear (practice this)
- Have breakfast with lots of fluids
- Continue with fluids often

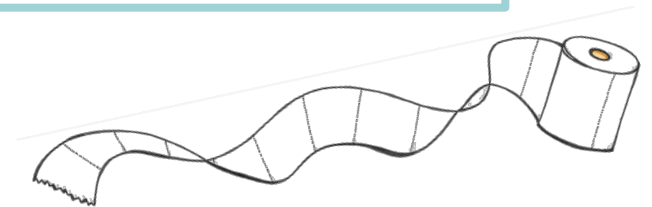


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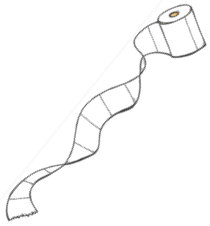


DAYS 1-3

- You will not ask your child, “Do you have to go potty?”
- Always use statements: “Tell Mommy when you need to go potty?”
- If needed, set a timer for 30 min. Allow child to help
- Stay very close to child
- Do frequent “underwear checks”



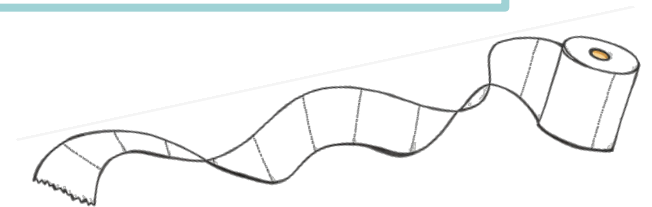
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TRAINING



DAYS 1-3

Signs your child needs to go potty

- Stop playing
- Face turns red
- Don't want to look at you
- Hold themselves

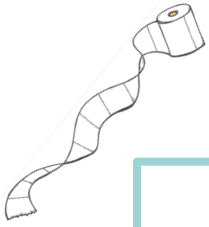
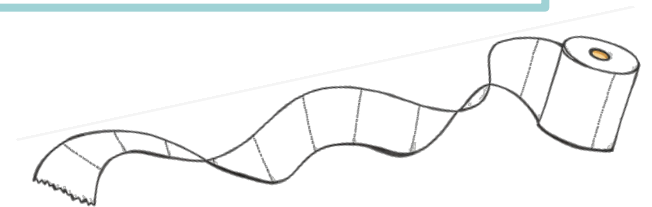


yes, you can! POTTY
TRAINING

DAYS 1-3

Accidents will happen

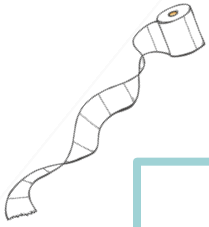
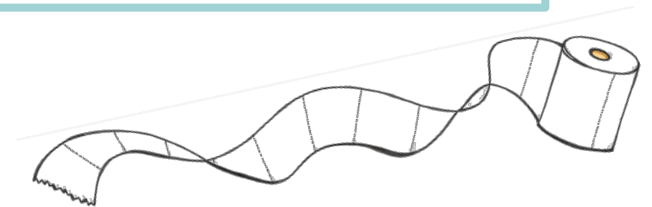
- Try to “catch” child in accident and put on potty
- Even one drop of pee in potty is a success
- Don’t get discouraged
- Don’t get angry at child for having an accident
- “Bummer, your underwear isn’t dry anymore”
- Remind them that pee goes in the potty



yes, you can! POTTY TRAINING

DAYS 1-3

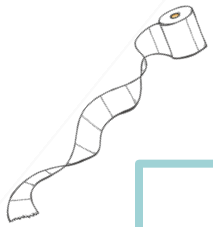
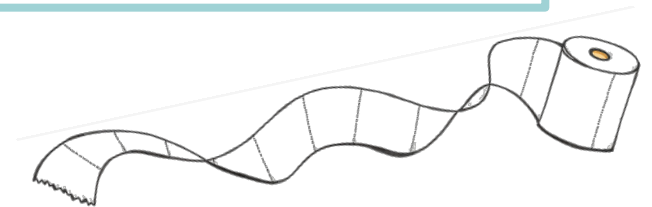
- Only focus on waking hours. Put your child in a pull-up or diaper for nap/bedtime
- Remind your child how proud you are of them
- If you have older children/cousins, let them help
- Stay positive, stay consistent
- Some children may take longer to potty train... that is OK



yes, you can! POTTY
TRAINING

Potty Training TIPS

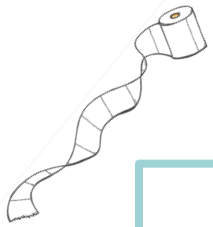
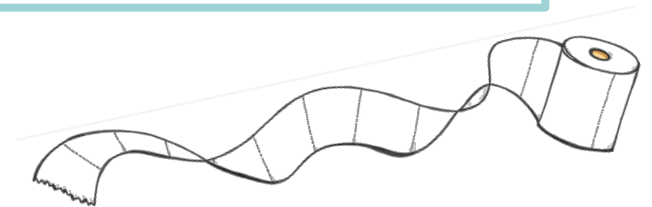
- Give child something to hold while on potty
- Start with your son sitting on the potty
- Run the sink or bath for distraction
- Use blowing techniques (bubbles, harmonica, straw)
- Give your child some privacy
- Use a step stool so knees are elevated above hips (for poop)



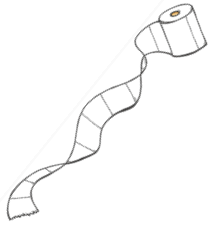
yes, you can! POTTY TRAINING


What IF

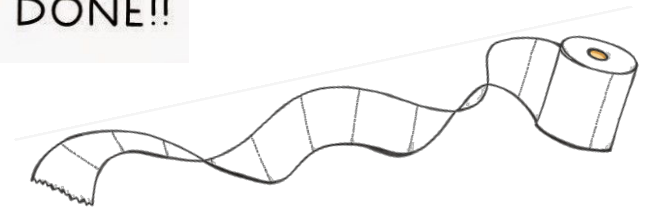
- Child continues to have accident in same location:
move small potty there
- Shows signs of needing to go, but won't go:
give privacy, using blowing tips
- My child is not verbal: use a sign such as tapping
belly or use pictures (an exchange)
- Always having accidents while playing: use a potty
pause after 3-5 min. of playing



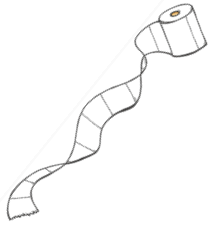
yes, you can! POTTY TRAINING








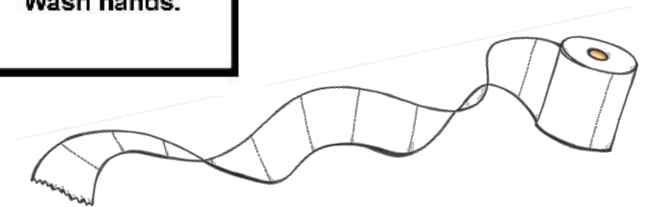
	pull pants down		flush the toilet
	pull underwear down		wash hands with soap
	sit down and potty		rinse off soap
	wipe		dry hands
	pull up pants		ALL DONE!!



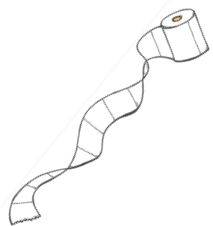
yes, you can! POTTY TRAINING








 <p>Toilet.</p>	 <p>Pull down pants.</p>	 <p>Pull down underwear.</p>
 <p>Sit on toilet.</p>	 <p>Toilet paper.</p>	 <p>Pull up underwear.</p>
 <p>Pull up pants.</p>	 <p>Flush toilet.</p>	 <p>Wash hands.</p>



yes, you can! POTTY TRAINING



 <p>Toilet.</p>	 <p>Pull down pants.</p>	 <p>Pull down underwear.</p>
 <p>Sit on toilet.</p>	 <p>Toilet paper.</p>	 <p>Pull up underwear.</p>
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