

PREPARING YOUR CHILD FOR TOILET TEACHING

Recognizing and Understanding the Physical Sensations: When your child is about 18 months old you can help her recognize when she is having a bowel movement.

Learning a New Vocabulary: Teach your toddler the words you and your family are most comfortable with using> Examples: urinate, peepee, tinkle, BM, poop.

Observing and Imitating Others: The best way to learn are by seeing others using the toilet i.e., mom and/or dad, older siblings and playmates.

Mention the Advantages: “When you start using the potty instead of diapers, you won’t get such bad rashes.” Or “When you start using the potty, you will only have to wipe instead of getting your diaper changed.”

Children’s Books About the Potty: First, the books are a source of new information. Later, they serve as a reassuring review of what is happening.

Purchasing a Potty: Any type of potty will do. Although some children are frightened of sitting on an adult toilet.

Introduce the Potty Gradually: At first, simply show the potty to your child, explain what it is, and tell her that it belongs to her alone. Tell her that when she stops wearing diapers, this is where she will go when she has to urinate or have a BM.

Exploring the Potty: Let your child explore the potty, play with it, sit on it, put dolls on it. Do not insist that he take off his diaper and use the potty yet. Wait a few days or weeks until he is thoroughly accustomed to the new piece of furniture before asking him to sit on it without a diaper. Then choose a time when he is about to have a BM.

A Word About Praise: When your child does produce feces or urine in the potty, he will probably be delighted and you will want to reflect her excitement. Offer encouragement and give her a hug, but do not overdue it.

Do Not Flush Right Away: A toddlers thinking is still at a magical stage-they may see the products of their body as a part of themselves.

Developing a Daily Routine or Not to: A routine encourages regularity in bowel movements or instead many parents prefer to follow the child’s bodily signals. Be aware of your child’s temperament to help you decide which method to use.

Potty Practice: No-diaper-with-potty-nearby; the child is left bare from the waist down and the potty is placed conveniently nearby. You say, “The potty is here if you need to make a pee-pee or a BM.”

What the Preparation Period is/is not: The preparation period is a time for your child to become comfortable with the potty and the idea of using it. It is not the actual time to stop wearing diapers.