

Kid's Corner Child Care and Preschool, LLC

Potty Training Tips from Bonnie ☺

In the past 20 years that I've worked with kids, I have seen and heard many stories and I've had plenty of experience with potty training. My number one piece of advice is to relax and roll with it. When the child is ready, you'll know and remember that parental instincts are best. The following points are in no order...just random thoughts.

Every child is ready at a different time: some 18 months, some 2, 3, or 4 and in extreme cases, 5 years old! (Did you know that some kids may wet their beds up till age 10?)

I have found that the sex of the child doesn't matter. Some say girls are easier to train and train quicker than boys, but personally, I've had more boys train earlier and quicker than girls.

Typically, no child goes to kindergarten in diapers, so don't worry if it takes your child longer than others.

Use your own common sense and go by what your child is indicating through his actions and words.

Children aren't potty trained until they are in underwear at least all day, including nap time, with no accidents and they tell you they have to go pee and poop and make it to the toilet to go. Night time sometimes takes longer and they definitely require pull-ups. Make sure you have a water proof mattress pad on their bed at this point, too.

Here in the daycare, **for sanitary reasons**, they obviously can't be in underwear until they are potty trained. Just because you place a child on the toilet and they occasionally go, they are not ready for underwear and they are not considered potty trained.

When children hide to poop, continually wake with pee and/or poop from nap or sleep, they are not ready for underwear.

Kids will tell you they are wet or they've pooped starting around the age 2 and that's a great first step!

My advice is that when they are giving clear indicators at home, then on the weekends let them wear underwear or let them run around naked and give the child reminders about going. Accidents will happen all over—couches, floors, rugs—it's normal. Although it's frustrating, you can't be angry with them at this point either.

At daycare, I put the kids on the toilet at regular times during the day. You'd be surprised how many times I've caught them about to go in their diaper so I've quickly placed them on the toilet and they still won't go. They still want the diaper. They get lots of praise when they do go and I usually use a sticker chart. After they start going regularly and are considered potty trained, the stickers stop.

Don't think it's wrong to put the child on the potty when you clearly can tell they're about to go in their diaper or you know it's "their time of day". They may not go on the potty, but at least you're encouraging them in the right direction.

As for boys, once they start to "get it", I have them stand at the toilet. It's also good to let your child see you going in the bathroom.

After kids use the toilet, regardless of success, boys are taught to put the seat and lid down gently and all kids wash their hands with soap and water. They are all encouraged to redress themselves, too.

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Pull-ups are great for when kids are really starting to “get it”. They know how to run to the bathroom on their own and the pull-ups allow them to be responsible in the bathroom without an adult helping them. Stretch waist pants are also best during potty training, like sweatpants. Young kids still have a difficult time manipulating zippers, snaps, and buttons.

Just because kids may be potty trained at home, doesn't mean they do it at daycare. Our day is busy and kids who are constantly playing often don't pay attention to their signals for using the toilet. Until it all “clicks” pull-ups or diapers need to be worn at the daycare. Don't worry; the kids don't get confused because they wear underwear at home and pull-ups here. They adjust just fine.

Don't forget, the younger kids are to potty train, the more chances you will have of them regressing. The more stress you put on the child, the more likely they are to get frustrated and rebel against your wishes. Again, this will happen until the kid is probably at least 18! ☺

When the kids do wear underwear at daycare, I expect maybe 1 or 2 accidents. But anything beyond that, they go back to pull-ups for sanitary reasons. Also, I like to have many pairs of back-up underwear and pants in their cubbies. I will wash clothes with pee—you get the clothes with poop. **I don't keep underwear with poop in it—it goes straight to the trash.**

That sums up my thoughts on potty training and I hope this eases any worries or anxieties you have about the process. With consistent practice between home and daycare, your child will be successful!