



ABC's of Potty Training Part 2: Get Going!

Ready to get going with potty training? You assessed your/your child's readiness and developed a cooperative relationship. You got informed and got the gear you need.

- Make choices about the method you want to use, where you want your child to use the potty, and who will help.
- Find a weekend to get started.
- Design a potty routine that invites your child to cooperate.
- Use smiles and rhymes or songs to remind them when it's time to try using potty, wiping, flushing, and washing hands. Share routines with siblings and other adults.
- Show excited praise each time your child gets it right.
- Accidents will happen frequently at first and will gradually decline.
- Overlook the mess while you reassure your child.
- Be patient and calm. When an accident happens, say, "You had a hard time getting to the potty. I understand. I know you are trying." Responding with empathy shows they are learning how to manage their bodies.
- Can you remedy the routine? Perhaps a potty near the kitchen? Being more consistent in reminding your child to use the potty? Dressing your child in clothing that is easier to remove?
- Resisting use of the potty or toilet can happen if they are reluctant to poop in the toilet – it feels different than pooping in a diaper. Help your child overcome their hesitation by talking about poop, praising their effort, and reading books together.
- We recommend: ***Bloop, Bloop Goes the Poop by Temara Moore or It Hurts When I Poop! by Howard Bennett.***
- Nighttime dryness can take longer for children under 3 years.
- Continue using a diaper at bedtime.
- Stop liquids 90 minutes before bedtime and wake your child 90 minutes after they fall asleep. Walk them to the potty, remind them to pee, and return to bed.

