



ABC's of Potty Learning - SOS

Feeling Discouraged About Progress?

Takeaway messages

These challenges are common bumps in the road toward mastering potty learning. With some planning you can support your child to pee just about anywhere.

1. Timing – does the pee start before your child gets to the potty? Using a portable potty will allow you to bring it nearby wherever you are. Notice if your child can get to potty when bare butt – this may mean your child needs looser clothes
2. Managing clothing is an issue for most little ones. Practice pulling pants down and up when you are away from potty; make it its own activity. Put your hand over your child's to demonstrate the movement. Let your child do most of the work but offer a finger or two to assist. Use lots of praise for effort!
3. Leaving the house with a potty learner can feel risky but with planning it won't be a problem. When you arrive somewhere, show your child where the bathroom is and plan to visit it if you will be there for more than 10-15 minutes. Try to keep to your potty reminder schedule.
4. Some children are sensitive to the look or smell of a toilet away from home. Bring along a potty in a tote or backpack that holds all the gear you need: change of clothes for accident, wipes, plastic bag for used items. This 'porta-potty' will also make it easy to stop along the road for an urgent need to pee when you are in the car.
5. Children need to learn to use a potty when playing with friends. Prevent accidents by letting your friends know ahead of time about your child's potty learning. Invite one playmate over – if it's a child who has more potty learning under their belt your child will likely want to keep up. Practice the skill of noticing the urge to pee and breaking away while playing – play pretend with it and have fun. Pile on the praise for effort and consider a special treat they both can enjoy if they have a visit with some effort or success.

