



ABC's of Potty Learning - SOS

Feeling Discouraged About Progress?

Takeaway messages

It's common for parents to feel discouraged when early successes fade. Recharge your determination to get through this.

1. Change often looks like two steps forward and one step back. It can be so disappointing when yesterday's success isn't repeated. You and your child are learning how your child learns best. Keep in mind how much motivation it can take to learn something new.
2. If you shift your thinking from being focused on the problem to a positive mindset you will find it much easier to approach the next opportunity to learn. Think about the very first day of potty learning – how much do you know now differently than when you started? You've learned a lot about your child's preferences for learning through mis-steps and successes you've had together. Reflect on how much your child has learned compared to day one.
3. When challenges arise, it helps to break down the general problem into smaller steps. If you notice your child struggles with their pants, is the problem pulling them up or pushing them down? If you watch closely you may find that your child just needs a brief moment of help while they learn how to manage their pants.
4. Praise effort, not just success! It's easy to acknowledge successful completion of a task, but often young children are only partly successful. So praise their effort. Praise everyone's effort starting with your own.
 - o Acknowledge and praise yourself when your new idea worked or that you stayed calm in a tense moment.
 - o Acknowledge and praise your child's small efforts even if they didn't quite do it all.
 - o Acknowledge and praise effort from all family members who help whenever and however they do so.
 - o When your child sees that effort is acknowledged and praised, they'll want to do more to get some of that!

