

I Taught My Child Today...

by helping my child learn to use the potty.



Ideas to Encourage Your Child to Use the Potty

- Help your child know when he needs to go to the potty by learning about body sensations. Does your child give cues through facial expressions, posture or words? Look for cues then take your child to the bathroom.
- Choose clothing for your child to wear that she can pull down and then pull up again by herself.
- Take your child to the bathroom when you go if you're comfortable with it.
- Explain how to pee and poo in the potty instead of in the diaper by helping him picture the actions. Read books about it.
- Establish a potty routine. Try to use the potty after nap time, after breakfast, lunch, dinner, and before bedtime.
- Show him how to flush the potty. If flushing causes anxiety, don't include him in this step until later.
- Wash hands with soap and water after going potty.
- Praise her when she tries on the potty.

Every child learns to use the potty in their own time. Your child may be ready to use the potty when s/he wakes up with a dry diaper, asks about the potty, or tells you when s/he has a dirty diaper.

You are your child's first teacher. Helping your child learn to use the potty may take several months (3-12 months) and a lot of patience. Stay positive and keep a good sense of humor! When accidents happen, clean them up calmly.

Resources: www.healthychildren.org; www.mayoclinic.com/health/potty-training

Infancy Leadership Circle/Erie:
A Project of New York Zero-to-Three Network—Raising Voices For Babies