**Potty Training**

For those children who are not yet potty trained, this is the perfect time as we are forced to stay at home.

Here are some steps to follow:

You can use either a training potty or your regular toilet.

* If you use your toilet, use a seat ring/insert so that your child will not be afraid of falling in. Also, provide a step stool or other support for her/his feet.

Help your child prepare:

* Use diapers/pull ups only during naps and overnight. (Diapers indicate that it is alright to wet or pass a bowel movement.)
* Let your child wear loose clothing that is easy to remove during the training period. Some people may prefer to the child go without pants during this time since we are home, anyway.
* Talk about the potty/toilet and what it is used for. Let your child become familiar with it.
* Let your child watch you use the toilet. You are modeling appropriate toilet behavior for your child (including washing your hands afterward!).

Teaching your child:

Explain the steps involved. (See pictures)

1. Tell Mommy or Daddy that you need to go potty.

2. Walk to the bathroom.

3. Pull down your pants.

4. Sit on the toilet seat.

5. Try to do a wee-wee or a poopie (use whatever words that you use in your house).

6. Wipe yourself, or ask for help with wiping.

7. Flush the toilet.

8. Wash your hands.

TIPS

· Establish a routine and encourage your child to sit on the toilet. Do this when you see signs that indicate the need to potty, upon waking in the morning, after meals, before going out, upon returning home, and just before going to bed.

· If s/he sits regularly on the toilet and is relaxed, s/he will eventually have success. Praise her/him! Remind her/him to flush the toilet and wash her/his hands.

· If s/he sits on the toilet but does not do anything, praise her/him for sitting on the toilet. Let her/him go back to playing and try again later.

· Don’t forget the importance of washing hands!

· Encourage desirable behavior. Praise your child for any steps that he follows, any progress that s/he makes, and for successfully going potty in the toilet. Tell your child when s/he has done well: “Jack, that was such a nice job of telling me that you need to go potty.” You may choose to use rewards for success (e.g., a phone call to Grandma, stickers, a favorite activity or toy).