

# Potty Training at *Kim's Kids*

I have often said if I had to potty train my own children again, I would wait until they were at least 3 years old! We started way too early. I wish I had this article from *Better Homes & Gardens*, July, 2003, as a guideline:

**Too soon to toilet train? - Healthy Family: News everyone needs to stay well - Children over 27 months easier to train.**

**Doctors at the Children's Hospital in Philadelphia found that parent who tried to potty train toddlers before 27 months of age ended up spending a lot more time at it than those who waited. It took 10 to 14.5 months to fully toilet train children younger than 27 months, the researchers discovered. Toddlers over 27 months mastered the bathroom in an average of 5 to 9.5 months, suggesting there's little to gain in tackling toilet training too early.**

So if you're sure your toddler is old enough, shows signs of being ready for potty learning, and you're up for a serious try, I will be more than happy to assist you with your toddler learning to use the potty. If a child is truly ready to train, in my experience it only takes a few weeks for them to become consistent at using the potty.



## 10 Signs Your Child is Ready to Potty Train

1. Able to walk well on his/her own, and can pull down own pants (elastic waistbands are good for this) and diaper or pull-up.
2. Shows awareness of what's going on in his/her diaper--either by saying something like "poo" or by looking uncomfortable when diaper is full, or pausing in his/her playing.
3. Shows an interest in what you do in the bathroom, coming in to watch from time to time. He/She might help to flush, or wave "bye, bye" to the departing poop.
4. Is not completely caught up in the needing to say "no" to everything you suggest (the automatic "no" stage is usually between about 18 and 30 months).
5. Has tried to sit on the potty, with his/her pants and diaper on, and doesn't seem to mind it. Feels "friendly" towards the potty.
6. Understands when you ask, in a mildly interested way, "Do you need to use the potty?"
7. Is fascinated by putting things into containers (blocks into the box, pouring sand or water in and out of a bucket).
8. Feels proud when he/she can do something "all by myself".
9. Diaper is dry and clean often for a couple of hours at least.
10. Shows an interest in "big kid underpants".

Parents must begin the potty training process with their toddler at home over a long weekend or a holiday. If successful at home, and your child is old enough (at least 27 months old), shows signs of readiness, is not experiencing any other change, and I'm in agreement, I will follow up with the training at Kim's Kids. I will allow pull-ups to be worn until child has been wearing only underpants (except bedtimes) while at home after hours and on weekends and has been accident free for 2 weeks. Once training starts, your child will be sent to potty at regular potty times about every 1 to 1.5 hours.

I take a low pressure approach to potty training. I give lots of praise for accomplishments (sometimes I use potty charts and reward with stickers, fruit snacks, or special toys to play with) and I'm "matter of fact" about accidents. Please realize this should be your child's accomplishment and not yours or mine. Children should not be compared to how others are doing.

The activity level at Kim's Kids can distract your child from responding to an urge to use the potty more so than at your home. Please provide diapers or Pull-Ups until your child can and will announce the need to use the potty and can control that urge for a few minutes beyond that announcement.

Please do not bring your child in underpants until I tell you that we are ready for that at daycare. I may also request your child wear plastic pants over his/ her underpants at first.

While your child is learning to use the potty ONLY elastic waist pants or dresses are allowed. No overalls, onesies, belts, snaps, buttons, or zippers may be worn. Please provide up to three additional sets of clothing.



Due to health regulations, I cannot wash out soiled clothes (I will dump and rinse whenever possible). I will put them in a plastic bag for you to take home and wash.

If you would like more information on the "how-to" of potty training, an excellent book is Potty Training 123 by Gary Ezzo. This book is available at the local library.

**Some other important points are:**

- The words we use at Kim's Kids are: potty, pee pee, and poop or poopy.
- Everyone starts by using a padded toddler seat insert on the regular toilet with a foot stool. Most children give up the insert after the 1<sup>st</sup> week or so.
- The best way to learn is to teach. Have your child "teach" a doll or stuffed animal how to use the potty.
- Set a stove timer for 45-60 minutes to remind you and your child when the next time is to try going potty.
- Encourage your child to drink lots of liquids.

Potty training is a team effort between you, your child and Kim's Kids. Please communicate often about your progress at home, as I will let you know how it is going here.