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# Potty Training Made Easy

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When to Potty Train Your Child

Picking the Right Potty Chair

Learning How to Pre-Potty Train Your Child

Getting Your Child to Cooperate with Potty Training

Night Time Potty Training

9 Tips for Fun Potty Training

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Dr. Phil's Guide to Potty Training

# Potty Training Made Easy

## When to Potty Train Your Child

It can be hard to figure out when it is the right time to potty train your child. It is really a decision that can only be made by the child. Today's parents just don't seem to want to take the time to wait for their child to be ready to potty train and instead force them into doing it early. This is a real problem that can cause all sorts of problems for the child if he or she isn't ready to begin the process.

Most children are ready to begin potty training when they are between the ages of 18 and 24 months. You will know when they are ready because the signs will be there. These are the signs to look for:

- Expresses an interest in using the toilet
- Tries to imitate other family members using the potty
- Is able to tell you that they need to go potty or telling you they went already
- Is able to pull their pants up and down by himself
- Expresses irritation when diapers are wet and stays dry for about two hours at a time
- Expresses an interest in big kid underwear

When your child shows that they are ready for potty training, it's time for you to begin introducing him or her to the potty. You need to choose a comfortable potty chair that will make potty training fun for your child and is also easy for you to clean. If you are not sure which chairs your child will like, bring him with you when you choose it.

You can introduce the idea of potty training by reading a potty training bedtime story at night or by watching a potty training DVD together. You can also teach your child the steps to going potty on your own which include:

- Taking underwear off
- Sitting down
- Actually going to the bathroom
- Wiping themselves
- Flushing
- Washing your hands afterwards.

**Quick tips:** Give your child a bit more liquids so that you can increase potty training chances. This will help your child to build muscle memory and help your child potty train quickly. Take your child to the potty every thirty minutes and on time. Have your child sit for a couple of minutes and read a book together while he's still on the potty. Turn on the faucet or place your child's feet in warm water to encourage urination. Don't you remember that sleep over trick that you pulled on your friends? It will work on baby too!

## **Picking the Right Potty Chair**

It's no wonder why today's parents are confused when it comes to potty training their children. If you simply take one trip down the baby aisle of your local store you will see potty chairs in every variety imaginable and at every price as well! There are miniature toilets that sit on the floor, padded potty chairs, potty seats that actually play music, and even potty chairs that attach to the toilet. This can make it nearly impossible to pick the right one for you, so which one is right for your child? Let's compare the most common types of potty training chairs which include:

### **Basic Potty Chair**

The basic potty chairs are usual made of one piece of plastic and are designed to sit on the floor. It can be cleaned easily by dumping the contents into the toilet and rinsing the bottom which is convenient. Basic potty chairs are relatively cheap as well so it's easier to keep one in several rooms of the house. It's not fancy but it does its job.

### **Fancy Potty Chair**

Potty training is supposed to be fun and exciting for your child. That is why you should choose a potty chair that will appeal to your child and encourage him or her to use it. Fancy potty chairs come in all sorts of styles and prices. Simple potty chairs, such as the Tinkle Toonz musical potty, uses positive reinforcement by playing a song when the child goes. The Tinkle Toonz is an effective potty training aid and costs less than \$15 dollars as well. Other potty chairs, like the TotCo' Toilet Training Potty Chair, look like mini toilets and even make real flushing sounds.

### **Toilet Hole Reducer**

The toilet hole reducer does exactly what it sounds like it does. What it does is that it lowers the size of the toilet hole so that your child feels safe and secure when they are sitting on the adult toilet. Children, who learn to use the separate individual potty chair, are often afraid to transition to the adult toilet. That is why the toilet reducer is the best option here because it will help your child sit comfortable on the adult toilet, without the fear of falling in.

Many parents skip the individual potty chair that sits on the floor and start with a toilet hole reducer, such as the Flip-N-Flush or Primo's Ducka. Just be sure and place a stool near the toilet so your child can put both feet on a flat surface and balance themselves properly. The best part about this is that you need not do any special cleaning.

### **All-In-One Potty Chair**

Some potty chairs, such as the Freedom Potty, can be used as a potty chair that sits on the floor, then when your child is ready to transition to the toilet, the seat can be modified to act as a toilet hole reducer with a foot stool. It is like the basic potty chair with benefits as each part is easily detachable. It can be cleaned by dumping the contents into the toilet and rinsing the bottom.

## **Learning How to Pre-Potty Train Your Child**

When I first tried to teach my daughter to potty train, I put her in "panties" and thought she would know what to do. Of course, I knew very little about the subject than I eventually learned some time to learn how to teach her to go potty. Then we would start over.

It is important that no matter what, you keep potty training, and like anything else, keep things in perspective. You may make some or many errors but it will eventually work itself out. As a parent it is very important that you try to keep your sense of humor when potty training your child. It is also very helpful that mom, dad and any siblings are in on the process of training. You can keep things upbeat by thinking no more diapers, no more diapers and try to stick to that except at night when it is not an option. By relaxing a bit, you can make potty training a fun time.

There is a lot that can be accomplished in the pre-training time that really helps make the actual potty training time much more effective. First of all, potty training is one thing, but it is often the pre-potty training steps that will decide if it will be successful or not. If you are wondering what pre-potty training is, it is looking for and recognizing the signs that tell you that your child is ready for training and these signs include:

1. Ability to hold urine for long periods of time.
2. Ability to follow 1-2 directions at a time.
3. Knows when urination or bowels movements are about to start.

When your child begins to show these signs, that's when you know that it is time to begin having practice sessions pulling up their pants whenever they get dressed and undressed. It is going to take a lot of time, but it is important that they learn how to pull up their pants by themselves. You are going to have to try to help build some positive form of excitement in your child. You are going to want to be encouraging about potty training if you want your child to be excited too.

You will also have to start to develop your plan for the training process. There are several different opinions of how to potty train. However, it is important that you choose your method to make sure that it is the method that is most effective for you, your child and your family. There is the potty train in less than a day method that Dr. Phil offers. This can work well but it is very intense and can be overwhelming for parents who are young or for those who do not have the right patience. You have to think of your personality as well as your child's, and then choose your method.

## **Getting Your Child to Cooperate with Potty Training**

If your child has started potty training and is not taking the chance to go on the offensive about it on his/her own, you are going to have to help him to ease into it. there are some things that you can do, so here are some ideas to consider to help him make progress towards getting the process started:. You can start by asking yourself these questions:

1. Am I the one who is reminding him/her to go potty or is he/she reminding me? Remember, that the ultimate goal is to have the child be responsible for doing all the work such as going to the toilet, going potty and then finishing the process.
2. Are his/her pants big enough to make the training process a simple one or does he need my help to pull pants off? If the child needs your help, you must try loose-fitting pants.
3. Have I confused him/her by being inconsistent with the rules? Basically if you have to help your child pull down his pants and at other times make him do it this could be a problem.
4. Are you changing the order of things he should do and confusing the child? You have to be consistent with the steps of the process so there's not confusion.
5. Do you need to offer better rewards all of the time to reignite interest? If this sounds like you then it is possible that you need to change the rewards. For example, instead of treats, would your child like a chart that he/she can put stickers on to see how many times he goes to the bathroom? Maybe he would be motivated by getting a special treat if he is dry all day or all week just to keep the reward system fresh. Sometimes we stop giving rewards and the child loses their early motivation.
6. If he is forgetting to run to the toilet, get the child to practice.

The way I like to do practices is a lot like sports in that if they look like they need to go potty or they have wet or pooped in their pants, take hold of him and help them run to the toilet.

If they already had an accident, clean up and get them cleaned up as quickly as possible.

A practice is where you take the child to the place where he/she had the accident and then offer some support and not a criticism to the child and ask them to show you how to use the potty.

Next you will help them run quickly to the toilet, pull their pants down and get on the toilet. Then you have to remember to congratulate them. The key to this is for you to make it fun so they are encouraged that they can actually do it. Sometimes, it may seem like a punishment to the child. If this is the case, then it should only occur once or twice.

You are going to have to do some practices at neutral times as well, when they are not thinking about going potty, so that they'll learn how to shift from what they're doing to quickly and make it to the toilet. That is why you have to make it fun, have a race, and include the entire family and then everyone can get the rewards together.

## **Night Time Potty Training**

Once your child has the daytime potty training routine down, it's time to start working towards staying dry during the night. This is a process that can happen quickly for some children and more slowly for others. Don't worry and don't push them if it is hard at first because that is a common problem. Chances are that everyone in the family has been working hard at potty training with your child, so it may be a good idea to take a break at night.

At first, it helps for you to put your child in a diaper or pull-up for the night-time so that there will not be any wet sheets in the morning. You will have to be sure to encourage them that they are doing great staying dry during the day and that you are so proud of them and not to mention that they should not be self-conscious of wearing them. You will want to reassure them that it's okay to wear a diaper or pull-up at night. If your child is having difficulty staying dry at night you can try to follow these tips:

- Limit the amount of fluid intake that your child has after 6:00 p.m.
- Have them go potty just before going to bed at night.
- Wake them up when you go to bed and have them go potty again. Your child might be very tired but you can help them into the bathroom anyway.
- Sometimes, just a few weeks of doing this will be the thing that gets your child on the road to success, and they'll start getting through the whole night dry.

Sometimes if your potty-training child is having nightmares, it can be a sign that they need to go potty. One of our children, who had been having a hard time staying dry through the night dry, came walking in, crying about the big fish that was after him. My husband said "Go to the bathroom and then come back and talk with us." He did and then just went back to bed. The bad dream was gone because he had taken care of the problem. We had a good laugh in the morning.

For some children, night-time training may take months, and in some cases even years to master. Sometimes children can be 8-10 years old and still be having the same problems but they didn't condemn him for it, rather they chose to love him through it, and the problem resolved itself. The key to helping your child to potty train is standing with your child through the training process. You do not want to make your child feel bad if he wets the bed. When you walk through the steps and just keep moving ahead. Have him help you change the bed, carry the linen to the laundry room and put it in the washer.

This is a great way for you to let your child know what it is like to do the laundry, Also have him help you put new sheets on so he learns how to make the bed. You may need to use some protection for your mattresses for a while like plastic covers or rubber mats. Eventually, he will get the hang of it. You should not hesitate to consult your child's doctor for advice and support if you think there may be a physical problem that is the cause. Otherwise, the best method of helping to ease nighttime training is to be positive.

## **9 Tips for Fun Potty Training**

You will also have to start to develop your plan for the training process. There are several different opinions of how to potty train. However, it is important that you choose your method to make sure that it is the method that is most effective for you, your child and your family.

There is the potty train in less than a day method that Dr. Phil offers. This can work well but it is very intense and can be overwhelming for parents who are young or for those who do not have the right patience. You have to think of your personality as well as your child's, and then choose your method. Here are some great tips to making potty training your child much more fun and exciting:

- 1. Blue & Yellow Make Green method:** if you put a few drops of blue food coloring in the toilet water and show your child that the color will turn green when he or she pees in the potty. This method works on many children and can be used with others.
- 2. Toilet Target Practice:** with this method you get to buy or make toilet targets to teach your child to aim. Many parents use cheerios cereal.
- 3. Musical Potty Chair:** Musical potty chairs, such as the Tinkle Toonz, play a song tune when your child uses the potty which can be a blast.
- 4. Potty Training Doll:** these are anatomically correct drink & wet dolls, such as the Corolle or Aquini dolls, which can be used to help make toilet training fun and easy by demonstration. This method is recommended by Dr. Phil if this is of any interest to you.
- 5. Potty Training Watch:** you can easily make potty time reminders fun and exciting when you use the VibraLite toilet training watch. The VibraLite watch, which comes in two different colors, can be set to vibrate every 30 minutes as a very entertaining way to remind your child that it's potty time!
- 6. Books, Videos, & DVDs:** you can find things like toilet training bedtime stories, videos and DVDs which are a fun and educational way to introduce toilet training to your child.
- 7. Charts & Stickers:** this toilet training method with charts and stickers are great motivational tools that many children love. You can start this method by giving stickers for sitting on the potty and every other step he does correctly. After a while, give stickers only when your child uses the potty. Finally, you can slow it down by giving a small toy as a reward for 3 accident free days.
- 8. Toilet Training Pants:** toilet training pants and liners come in many different and fantastic colors. You have to let your child choose the color of training pants or underwear to wear if you want him to be behind this method.
- 9. Phone Call From their favorite Superhero:** you can choose to offer a reward to your child for using the potty with a phone call from his or her favorite superhero or idol. You can get your friends or neighbors to play the part.

## **Great Advice for Potty Training**

Most children are ready to begin potty training when they are between the ages of 18 and 24 months. You will know when they are ready because the signs will be there. These are the signs that you need to look for when you are potty training your child:

- Expresses an interest in using the toilet
- Tries to imitate other family members using the potty
- Is able to tell you that they need to go potty or telling you they went already
- Is able to pull their pants up and down by himself
- Expresses irritation when diapers are wet and stays dry for about two hours at a time
- Expresses an interest in big kid underwear

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## **Potty Training Children with Disabilities**

While many parents often complain of experiencing difficulty when they are potty training their children, for most families, potty training is a fairly easy thing to do. Even when there are problems or children show signs of resistance to it, usually they will eventually become potty trained. However, this is not always the case when dealing with children that have developmental delays or disabilities, such as autism, Down syndrome, mental retardation, cerebral palsy, etc. Children with special needs can be more difficult to potty train.

Most children show signs that they are ready to begin using the toilet as toddlers, usually between 18 months and 3 years of age, however that is not the case with all children such as those who have the intellectual and/or psychological readiness to be potty trained at this age. It

is more important to keep your child's developmental level, and not his actual age in mind when you are considering starting potty training.

Let the child show you signs that he is ready first. The signs of intellectual and psychological readiness includes being able to follow simple instructions and being cooperative with your directions, being uncomfortable with dirty diapers and wanting them to be changed, recognizing when he has to go to the bathroom or needs to have a bowel movement, being able to tell you when he needs to urinate or have a bowel movement.

The signs that the child is physically ready to potty train can include your being able to tell when your child is about to urinate or have a bowel movement by the types of faces he makes, posture or by what he says, having the ability to stay dry for at least 2 hours at a time, and having regular bowel movements. These things are very important in your child's success at the potty. If your child is not ready your efforts will be fruitless.

Things that you will have to avoid when toilet training your child, which will also help prevent resistance, are beginning during a stressful time or period of change in the family such as when you are moving, there is a new baby, etc., pushing your child too fast, and punishing the child for his mistakes instead of being positive will also cause problems. Be sure to go at your child's pace and show strong encouragement and praise when he is successful because this simply works better.

Since an important sign that your child is ready and what can be used as a motivator to begin potty training involves being uncomfortable in a dirty diaper, if your child isn't bothered by a soiled or wet diaper, then you may need to change him more often to get him used to being clean and dry. Other children can continue to wear a diaper or pull-ups which are also great for day training.

### **Potty Training Mistakes Parents Make**

Potty training can be a trying experience for parents sometimes. It's extremely important to make sure that your child feels like he is well supported and that you maintain a positive attitude toward him if you want to ensure success. Here are some things that you will want to avoid. Don't try to force the issue. Make sure that your child is ready to use the potty, is able to tell you what his needs are and can handle what is needed to do it before starting.

You should be sure to always offer encouragement and support. If your child refuses to go, because if you start forcing him to go and sit on the potty you will only create a very angry and hostile atmosphere and can lead to more resistance. It can create negative associations with using the bathroom that can be hard to undo later, and can also cause your child to start bedwetting, which can be emotionally harmful. Try to approach this time of learning much the same as you did with other skills like sitting up, walking and talking.

Don't start potty training during a time of stress for your child. Even good stress is bad stress when it comes to potty training a kid. Marriages, new babies, and during vacations can be just

as difficult for your child as a divorce, death or moving into a new home. If anything big and new is coming up in your lives, reconsider potty training until the time is past. Wait until life settles down and the normal flow of life comes back. This will help create a secure place for your child and helps him place toileting easily alongside other routines.

Don't set deadlines in the training process or try to accomplish training in a set number of days. Young children don't work too well under pressure and they certainly don't have the same concept of time that adults do. Make sure that you are realistic with your time expectations from your child, which is really important if you are looking to potty train an infant. Programs that promise that your child will be potty trained in three days, one day or even 100 days aren't being very realistic and they are certainly not taking your child's individuality into account. Each child has his own temperament and brings different skills to the table, so there is no set potty training method for any child.

## **Dr. Phil's Guide to Potty Training**

It's no wonder why today's parents are confused when it comes to potty training their children. If you simply take one trip down the baby aisle of your local store you will see potty chairs in every variety imaginable and at every price as well! There are miniature toilets that sit on the floor, padded potty chairs, potty seats that actually play music, and even potty chairs that attach to the toilet. Here is a step by step guide to Dr. Phil's method.

### **Consider Before You Begin**

#### **Step 1: Teach a doll that wets**

Your child will find it easier to learn to potty on his own if you start by teaching the doll how to go potty while the child watches. Have your child name the doll and give it something to drink as a way to get started. Then walk the doll to the potty chair with your child. Pull the doll's big kid underwear down and watch the doll go potty. This will be a nice way to provoke the effort by your child.

#### **Step 2: Throw a party for the doll**

When the doll successfully goes to the bathroom, you and your child can throw a potty party! Turn it into a big blowout with party hats, cake etc and really try to celebrate. Give lots of attention to the doll so that your child understands that going potty is a good thing and gets excited about doing it. Now you will want to let your child know that when he goes potty, he will have a potty party too. It will help you if you try to learn who your child's favorite hero is and let your child call his favorite superhero to report the good news when he or she does it.

#### **Step 3: Throw out all diapers**

At the beginning of the potty training process you should be able to remember placing underwear on your child's doll. Now it's time to take away the diapers and put underwear on your child too. You do not want to have them around because it will get you to use them whenever you are frustrated by your child's progress.

**Step 4: Drink lots of fluids**

Give your child plenty of fluids to drink which will naturally bring about the need for your child to have to go. The sooner he has to go potty, the sooner you can begin potty training. Keep doing this in spaces so that you can get your child to work on holding it in.

**Step 5: Take trips to the potty when the child has an accident**

Ask your child if he needs to go potty. Your child might tell you that he doesn't and that's OK. Because you've given your child plenty of fluids, you know that he will soon need to go so just wait it out. If your child has an accident in his underpants, it is not the time to snap or yell at him. You want this to be a positive experience for your child so instead, take your child to the potty, pull his underwear down for him, and have your child sit down on the potty. Do this 10 times in a row. This builds muscle memory and your child will eventually go on his own.

**Step 6: Don't forget to celebrate!**

When your child successfully goes potty without your help, don't forget to throw him a potty party. The best part about this is that your child can now call his favorite superhero and tell the hero about what he just did! Get one of your friends to play the hero and take the phone call on your behalf. When your child has an accident, all you have to do is simply take him/her to the bathroom ten times in a row like you did before. This will help to continue to build muscle memory. Remember to keep up the positive reinforcement.

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