

Potty Training lol

What To Do:

- Scheduled bathroom breaks
- Ask them if they need to use the bathroom
- Remind them they need to try to use the bathroom
- Celebrate when they use the bathroom
- Don't make the child sit on the toilet against there will
- Sit on the toilet 15-30 minutes after meals
- Choose one bathroom to create a familiar environment
- Make it fun (set a time, play music before and after bathroom, give a reward before and after bathroom)



Why They Wont Use The Bathroom:

- Anxiety

Flushing noise

Fear they might be flushed down the toilet

Do not want to be left alone in the bathroom



Remember:

- stay positive
- use simple terms when referencing the bathroom or using the bathroom
- try to remain calm when accidents happen



Things to Help:

- Baby toilet
- Potty training watch
- Potty training sensory light for toilet
- Step stool
- Squatty potty

<https://www.parents.com/toddlers-preschoolers/potty-training/problems/solutions-to-your-childs-biggest-potty-training/#:~:text=The%20best%20thing%20to%20do,potty%20but%20doesn't%20go.>

<https://kidshealth.org/en/parents/toilet-teaching.html#:~:text=Use%20words%20to%20express%20the,child%20can%20practice%20sitting%20on.>

<https://www.parents.com/toddlers-preschoolers/potty-training/tips/30-best-ever-potty-training-tips/>

