Potty Training

REMEMBER: It takes 6 months + for a child to build a habit… (FYI… adults take 3 months.)
Average age to start: 22-30 months old
Most successful age to start: Girls- 36 months old
Boys- 38 months old

How do you know if your child is ready?

Interest
They have a place they like to go to poop
They tell you "I'm wet" or "I pooped"
Connections within the body are ready to be made- their diaper/pullup is dry/clean for longer periods of time
Developmental skills- they consistently follow multi- part directions

Getting Ready

Get a boring potty seat- you want them to go potty, not play.
If they have a hard time transitioning, they will likely have a hard time potty training.
If they have an accident, show empathy and help teach resilience.
Easy on/off pants without buttons or snaps will help the child build a successful start… it's part of the process!
Teach them how to wash their hands… also, a building block to potty training and part of the process!
Going poop on the potty can be frightening for some, help the process by limiting binding foods and snacks (bananas, rice, applesauce, bread, fruit snacks, cheese, etc.) Offer lots of fruits, water and apple juice (once a day can help.)
Have them take off the diaper/pullup, throw it away, get a new diaper/pullup (less bonding over diaper changes = more bonding over potty time)
Read a book with them while they are sitting on the potty.
New siblings or changes to life can be a setback.
Remember, not all children are ready at the same time!

How to "make" it happen

Look at your child… are they ready or are you ready?
Crowd source a few possibilities- suggestions from others
Internal motivator (try not to use food- find "big kid stuff" like a new toy, game, big kid underwear or even a special activity)
Make potty training their idea, make it important to them.
Be patient and more patient.
Make sure you are working on potty training at home as well. Teach them correct ways to use toilet paper, and flush.

When your child is potty training, be sure to let anyone that cares for your child know:

1. When they last went potty
2. How they use the potty (boys)- do they stand or sit (backwards or forwards?)
3. How often the normally go

At AKP We require potty training children to be in velcro sided pullups and easy off/on clothes. No snaps, buttons, overalls,

Much of this information came from a workshop by Dr. Gilboa, a Youth Development and Parenting Expert from the Pittsburgh area. You can find more information at her website www.askdoctorg.com.
A Kids Place staff has been helping to potty train children for 25 years, let us help you too.