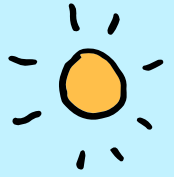


# Potty Training

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# Agenda

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1. Potty Training - a step toward independence
2. Steps in Potty Training?
3. Signs that your Child Ready for Potty Training
4. Preparing for Potty Training.
5. Tips on Successful Potty Training
6. Tips for Wiping
7. Home and School Partnering for Success.

# Potty Training

What is potty training?



# Toilet Training

Children are ready and toilet trained at different ages.

- Generally, toileting *interest*, *ability* and *willingness* occurs
  - 18 - 36 months
  - 36 months – many children are dry during the day
  - 48 months – fully trained during the day
  - 60 months - fully trained: no accidents
  - Nap and nighttime - between 5 and 7 years
  - Wiping – much later
- What can you expect during these many months of training?

Progress, Pleasure, Pride, Setbacks and Growth!

# Skills in Potty Training

- Potty training is a complex set of skills; your child will
  - Recognize the feeling or urge to toilet
  - Get to the toilet
  - Urinate or Poop
  - Wipe themselves
  - Flush the toilet
  - Wash their hands
  - Return to what they were doing



# When is Your Child Ready?

- Remember, there is no “ideal age” but there are *signs* of readiness:
  - Showing an interest in the toilet
  - *Telling* you he or she is wet (peed) or soiled (pooped)
  - Recognizing the urge to pee or poop
  - Your child’s diaper is dry for a few hours (at least 2 hours)
  - Your child can stay on the toilet long enough to pee or poop
  - Your child can pull down his/her pull-up and tug it back up

# Preparing for Potty Training

- Get a potty seat- maybe take them shopping- explain its use
- Begin to use words like pee and poop
- Read stories about using the bathroom
- Make the bathroom friendly
- Familiarize your child with the flush of the toilet and the movement of the water in the toilet
- Let them watch family members use the bathroom
- With poop, if they are agreeable, show them where the poop goes and let them flush the toilet

- Have toys to occupy them
- Make the potty training as much fun as you can
- If possible, dress them in clothing that easily pulls-up and pulls-down
- Be consistent – once you introduce panties, stay with the panties
- Boast about their progress

Tips for Wiping





# Starting the Process

- Let your child sit on the potty – fully clothed - and talk about toileting – if necessary, with the toilet cover down
- Once they are comfortable, have them sit then without the diaper/pull-up and with the toilet cover up
- Be aware of the time of day when they pee or poop and need a pull-up change
- Sit them on the potty around that time
- Limit sitting time to 3 to 5 minutes
- Always flush the toilet
- Always hand wash before leaving the bathroom

# Starting the Toileting

- Clear your schedule
- Prepare them for the training -
- Begin before they are too engrossed in their play
- Sit them on the toilet for about 5 minutes – when they
- are routinely wet or soiled
- Start the “end of the toileting” routine
- Set a timer- remind them when the times goes off, back the bathroom
- Begin with 20 minute intervals
- Gradually increase the time intervals
- As the ‘dry’ time lengthens, plan short trips
- Be generous with praise; tell the world about their progress
- Be patient



# WIPING

This is usually the last skill to be accomplished but should be taught as part of the toilet learning.

Initially, a good cleaning will fall on you but you can still expect them to do the second wipe as they learn the motion and improve reaching their hind quarters.

Some children do best getting off the toilet and squatting down, causing their cheeks to spread and hopefully, allow for a better cleaning job.

There will be skid marks, even sore bottoms may happen because of inadequate wiping. There are OTC creams to soothe, which the children can learn to apply.

# Tips Along the Way

- Parents have spoken of placing a potty near their play area to prevent accidents since they may not want to stop playing
- Bathrooms are not always conveniently located near their play area
- Other people may be using the bathroom



# Pull Ups

1. Many of our children are still in pull ups.
2. For students who need help, teachers provide assistance to get them cleaned up and changed.
3. Teachers help – always 2 teachers help
4. At the drop off or the bus, please send your child in in a dry pull-up
5. Let us know if your child is in process of toilet training, we'll follow your lead and be sure to watch your child so accidents are less likely and we can support your child in their good efforts

# Classroom Toileting

1. Our new 3 year olds are in the developmental stage of being ready for toileting skills
2. While each teacher is different, they follow certain guidelines that we have used
3. At this time of year, children are encouraged to use the bathroom every 1 to 2 hours
4. Over time, the bathroom span will lengthen
5. Over time, the children will use the bathroom as needed; some one will always be at the bathroom door to monitor and help out if necessary

# School Advantages

1. Toileting is a routine – soon, they will acclimate to the routine
2. They recognize children's toileting needs (facial grimaces, holding themselves, hopping up and down)
3. The children see their classmates using the bathroom
4. The teachers remind them of the toileting steps

# Expect Accidents

- Accidents happen (fun, not feeling well)
- Regression happens
- If accidents are too frequent, try the potty schedule again
- Let us know; we can suggest practical tips



# Should Potty Training Ever Be Delayed?

- **YES!**

- If your child is sick
- If you are traveling
- Around the birth of a sibling
- When transitioning from a crib to a bed
- If you are moving to a new home

# Books to Read

- Once Upon a Potty by Alona Frankel
- Everybody Poops by Taro Gomi
- I Want My Potty by Tony Ross
- Sam's Potty by Barbo Lindgren
- Diapers Are Not Forever by Elizabeth Verdick



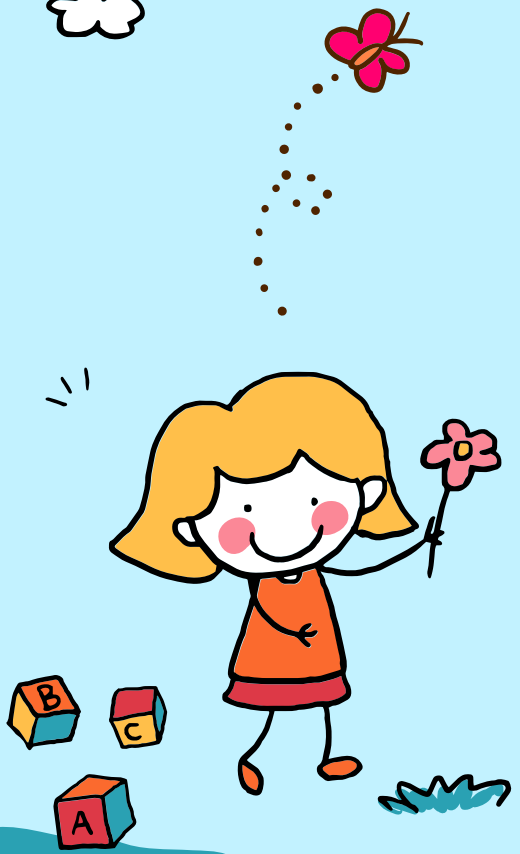
# The Secret to Potty Training Success

Consistency and Patience

# Keep Us in the Loop

In working together, we can reinforce a potty schedule and ensure your child's comfort.

Letting us know if there is some interruption in your child's potty training (maybe your child was sick or your family has welcomed a new baby or any other family event) increases our ability to understand and meet your child's changing needs



Please call – we  
are here to help

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Thank you for  
joining us today!

