

POTTY TRAINING TIPS FOR OUR 2s from OUR TRAINING MASTERS IN THE TWO-YEAR-OLD CLASS

Some of you have expressed interest in starting to potty train your child. Since we have more than one we work with at a time, here are some tips that we need you to follow in order for us to help you potty train.

1. Buy underwear the child will be excited about. Your child can help pick it out! Hopefully your child will not want to wet the new underwear. Have a few that aren't new and exciting...then if the new ones get wet, then the child wears the plain ones.
2. **NO PULL-UPS!** Children need to feel the wetness of underwear to realize that wetting them was not a good idea.
3. When home on weekends and at night, take your child's diaper off and let him/her wear underwear or nothing at all so the child will feel the pee-pee when he/she goes.
4. Please work with your child for at least two weeks at home **before** sending him/her to school in just underwear.
5. Have your child go sit on the potty every 15-20 minutes or when you figure out how long he/she can hold it. You really need to give a potty reminder every 20 minutes though so your child knows what needing to go potty feels like. **DO NOT ASK** if your child needs to go...just say, "Come on, let's go potty!" We are trying to teach children how it feels to "need to go."
6. Use a reward system of some kind – small piece of candy, choosing a special sticker, etc. Try not to bribe too much...try instead to make it a reward.
7. Be prepared: Pack a bag/backpack full of extra clothes, underwear, wipes, shoes, and socks to take with you everywhere you go. Also leave it or another one at school each day.
8. Be consistent (underwear all of the time: in the car, at the store, etc. and diaper only at night if you must).
9. Take a bath, use the potty, and then diaper at bedtime.
10. Once we do start potty training with your child, we train for two weeks and then evaluate (with you) how the process is going. We all need to be doing the same thing at school and at home. Otherwise this will take forever, and no one wants that!
11. **ACCIDENTS HAPPEN!** Just like learning to walk and talk, a child will make mistakes and have lapses. Expect to have pee on the floor and carpet. When it happens, you're prepared. If it doesn't happen, you're blessed!