



Potty Training Good-bye Diapers!

Congratulations Parent, your child is showing some clear signs of potty training readiness and we are ready to make this happen!

What's next?

- Pick a weekend that you don't have any other plans.
- We ask for you to start Friday evening by talking to your child of what will happen tomorrow and either go shopping with them to find underwear that they will like, or show them their new underwear!
- As soon as they wake up on Saturday morning take off the diapers first thing and explain that they will be wearing underwear. It's recommended for them to be placed on the potty at this time and hopefully they'll have their first pee.
- Moving the potty to the living room or the room you are mainly in is highly recommended.
- Once they pee on the potty you can set a timer and take them every 45 mins to an hour. If you take them and they do not pee and you know they need to, then we suggest every 15 mins. Once they've peed on the potty, you go back to 45min to an hour.

What to expect?

- You should expect accidents. It's part of the learning process. Your child needs to understand that they are not wearing a diaper and if they pee, they will get wet.
- If your child has an accident, they most likely haven't emptied out their entire bladder. Take off their soiled clothing and sit them on the potty and prompt them to finish their pee. At this time you can explain, this is where we pee.
- Your child may get upset or be surprised at the peeing sensation. You may also become frustrated and short tempered. Just remember to breath and be clear with the expectations. A technique we like to use when either a child or adult is getting frustrated is to redirect attention to something else or sing through it. You'd be surprised how breaking out into "Baby Shark" lightens the mood and gets everyone smiling again. 😊
- Your child will not tell you when they need to pee or poo. This step comes much later. It's up to an adult to take them regularly. After a few weeks, the amount of times will lessen down to just a few times a day. You make going to the potty part of your routine. It's very important to take your child to pee: after waking up, before going for a car ride, once arriving at your destination, after an hour has passed and before going down for a nap or bedtime.

Why now vs later?

- At Head Start we believe in early training, since through experience, we've seen a higher success rate in a shorter period of time the earlier you train. The longer you wait to train, the more being in a diaper becomes second nature. Think of a habit you have now as an adult and how hard it would be to change it.
- We also find it much easier to train before we get to tantrum age and their favourite word is no. 😊
- By far the most important reason is because it helps improve self-esteem and makes them a role model. They will be very proud of themselves at the end of it.

Tips:

- Constant reminders are great. Just randomly say, "Remember you are wearing underwear! No more diapers!" or "Where do we go pee?" They will respond, "In the potty!" Remember we are retraining their brain at the same time.
- Best to only leave diapers for bedtime/naps or long car rides. A diaper during wake times becomes confusing for your toddler. A pull-up is technically the same thing as a diaper.

First day back to school:

- Please remember to bring lots of extra pants and underwear, update the Teacher on how the potty training weekend went and we'll take it from there! We got your back! 😊

GOOD LUCK!!! You can do this!