



## Pre-Potty Training Getting Ready to say Good-bye Diapers!

Great news Parent, your child is showing much interest in the potty, which is a sign that they will be ready within the next couple months to start potty training. We aren't saying it's time now, but in order for training to go more smoothly in the future, we need to work as a team to hopefully minimize stress on everyone. Together we will teach and add to your child's routine, all the tools they need to make this huge milestone a positive and successful one.

What you will need?

- Buy a potty and make it a permanent fixture in your bathroom. (Or any room you feel works best)
- Buy some potty books and read them to your child every so often.

What can you do at home?

- All we ask is for you to place your child on the potty at these times:

**Weekdays:** Weekday morning's can be fairly busy so leave that time to us. All we ask is that you place your child on the potty right after their evening bath or before bed.

**Weekends:** On weekends we ask for you to change your child's diaper as soon as they wake up from their nights sleep and naptime, and place them on the potty before putting on a new diaper.

- Make sitting on the potty a part of their routine. It's just to get them comfortable. Let them sit for just 2-5mins. If they pee, excellent. Celebrate! They love your reactions, so make it big! If they do nothing, no problem, just thank them for sitting and for trying. Ending with a high 5 is usually well liked and a positive note to end on. Then just put their new diaper on. 😊

What we will be doing at the Centre?

- We will be placing your child on the potty every time we do diapering or we see them pushing a bowel movement. This means at least 3 times a day, every time they are with us. This will make the potty a very natural part of their routine and second nature.

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.
- Saying good-bye to diapers is a huge cost saver for parents. It will take a little work in the beginning, but once you get going, it makes things so much easier in the long run.

Tips:

- Try not to read too much. The more you read, the more you will stress. There is a lot of conflicting information out there. Just make it part of your child's routine and watch for the signs. We are here to help you out with any questions you may have. We are incredibly successful with potty training and your greatest resource. 😊
- Pull-ups are the same as diapers. With this said, they should not be introduced as underwear, as we find this causes more confusion. Pull-ups are in no need necessary, but can be used instead of a diaper, if that is your choice.