Potty Training your Toddler

Potty training is a stepping stone in your toddler’s life. There are quite a few steps in successfully completing the process of potty training. However, there might be drawbacks that restrain the overall process. Remember, as a parent, stay calm, positive, and always encourage your child to do their best. The overall reward is watching your toddler be successful and develop.

Resources

Here are some additional resources for both adults and toddlers:

This book is a great walk through training with topics like when to start and problems you might face.

For Children: It’s Potty Time - Boys. by Berry, R., Currant, G., & Sharp, C. Kids can read about a little boy starting potty training.

It’s Potty Time - Girls. by Berry, R., Currant, G., & Sharp, C. Kids can read about a little girl starting potty training.

Videos: “Pocket Snails: Potty Adventure.” DVD. This is a great kid friendly video about potty training you can find it on Amazon.com

References


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**When should I start Potty training?**

All children are different when it comes to potty training. Many children express curiosity in using the potty around the ripe age of 2. However, not all children are emotionally ready to begin their experience in potty training at that particular age. Some do not begin until they are 2 1/2 or even 3 years old. Girls are more likely to begin earlier than boys because they mature earlier emotionally.

**What are the signs that children are ready?**

Children who are about to enter the potty training stage have their own unique way to express their readiness. Here are several common indications that show whether or not your child is ready to start with potty training.

- Can stay dry for 2 or more hours
- Can communicate to you when their diaper becomes dirty
- Can communicate when they have to go to the bathroom
- Express interest in the toilet
- Express interest in underwear
- Understand the basic concepts of using the potty
- Can follow directions fairly well
- Wake up from naps dry

**What steps do I take to prepare my child?**

There are many things that you can do to get your toddler ready for potty training. Not all steps will be right for your toddler. Keep trying different approaches to see which steps work best with your child.

- Slowly introduce your child to the potty. Place a potty chair in a bathroom and let your little get used to it. Let your child sit on the potty and talk with him or her about how it is used.
- Educate your toddler about potty training by using materials like books and videos. Discuss with him or her about the different feelings that they will have when it is time to go to the bathroom. In addition, teach your child how to care for him or herself during and after going to the bathroom.
- Create a schedule to help your child get used to a potty routine. This will make the process of potty training very structured and consistent.
- Reward your toddler when he or she successfully uses the potty. Then he or she will know what to do again. You could give stickers or a treat. Rewards help children keep track of progress and make them want to keep using the potty.

**What if my child is not responding to potty training?**

Set backs in potty training are normal. Every child is different and will react differently to this new experience. Some children may not understand the idea of potty training or just may be too young. Your child may have more accidents than you hoped, but give it time! It will get better. Just remember a few important tips:

- **Stay calm and positive** throughout the potty training experience. This will show your child that you are not giving up. You believe in him or her.
- **Always be prepared** for accidents. Accidents can occur at any time. Being prepared will simplify the process.
- **Always let your child know when he or she is successful.**
- **Remind** your child to use the potty at the same times every day.

If time goes by and your toddler still is not getting adjusted to potty training, it might be time to take a break. Go back to diapers and then try again later. If you continue to have problems, it might be helpful to contact your family pediatrician.