



THE OHIO STATE UNIVERSITY

COLLEGE OF
EDUCATION AND HUMAN ECOLOGY

Potty Training

Strategies and Routines for Potty Training Success

Anneliese Johnson, M.S.

Samantha Peterson, M.S.

A. Sophie Rogers School for Early Learning

Schoenbaum Family Center



Introduction

- Welcome!
- What do you hope to learn today?





Objectives

- When to start potty training
- How long the process might take
- Identify child readiness indicators
- Circumstances that affect a child's readiness
- Strategies and tips for successful potty training
- Daytime versus night time dryness and bedwetting
- Common challenges to potty training



What does it mean to be potty trained?

- A child who is toilet trained:
 - gets their clothes on and off to use the potty,
 - routinely pees and poops in the toilet, and
 - initiates the whole thing themselves without reminders





“If you turn it into a battle of wills, then the parent is going to lose.”



When should potty training start? Is age an indicator of readiness?





Is your child showing signs of readiness?

Indicators:

- Developmental skills
 - sitting, walking, fine motor, imitation
- Child interest
- Night time habits
- Knowledge of wetness or bowel movement
- Ability to follow directions
- Consistent dry diapers
- Self-help skills
- Independence
- Language/communication skills





Factors that Influence Readiness

- Changes in the child's household
- Changes in the child's school
- Is the child in a negative phase?
- Are YOU ready to begin the toilet learning process?





Tips for Success

- Tools and Equipment (potty chairs, pullups, potty seats)
- Physical & Emotional Environments
- Trips/car rides
- Boys vs. Girls





Strategies & Tips for Success

- Starting early with self-help skills
- Keep a record
- Dress for success
- Offering a choice
- Establish a routine
- Set a timer
- Arrange the bathroom space
- Consistency is KEY!
- Reassurance and acceptance
- Encouragement not rewards





Dress for Success

Clothing that makes potty training difficult...

- Bib overalls
- Pants with buckles, snaps, buttons
- Belts
- One piece outfits
- Onesies
- Tight fitting pants
- Dresses, skirts
- Tights





Dress for Success

Clothing that children can be successful with:

- Loose fitting t-shirts
- Yoga/stretch pants
- Sweat pants
- Velcro or slip on shoes





Common Challenges

- When children are constipated
- When a child regresses
- Day time versus night time
- When children refuse to go
- When a child will use the toilet at home but not at school (or vice versa)
- Bedwetting



Nighttime Potty Training Tips

- Child's Age
- Consistent dry diapers
- Limit drinks 1.5-2 hours before bedtime
- Potty right before bed
- Wake child and have them potty when you go to bed??
- Reassurance
- Accidents will happen!
- Waterproof mattress pads
- Layers





Bedwetting

- Common childhood condition
- Bed wetting is genetic: 7 out of 10 children who wet the bed have a family member who wet the bed.
- 3 out of 4 times when someone becomes dry over night, they are dry because they simply are able to hold their urine over night.
- One study of children who wet the bed, found that all 30 children were found to be constipated, though few demonstrated signs of constipation.



Potty Training & Child Care

- Consistency is KEY!
- Home and school have different rules, expectations, distractions, and limitations!
- Questions to ask your child care provider include:
 - What is the center's philosophy on potty training?
 - When do they begin the potty training process with a child?
 - How will the center deal with "accidents"?
 - What procedures, routines, strategies and techniques will the center NOT use?



Questions/Comments

A Sophie Rogers School for Early Learning
Schoenbaum Family Center
College of Education & Human Ecology
The Ohio State University
sfc_enrollment@osu.edu
614-247-7488