

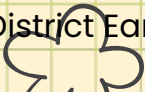


Toilet Training

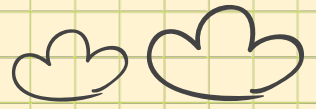


Rachel Kim, RN
District Nurse

Presentation adapted from Irvine Unified School District Early Childhood Learning Center



Overview of Presentation



- ✕ Potty Coach
- ✕ Step 1: Readiness
- ✕ Step 2: Preparation
- ✕ Step 3: Implementation
- ✕ Tips & Reminders

Potty Coach



“Even the most skilled coaches cannot force players to win.”

Potty Coach's Role

Game Plan

Provide
Instruction



Supervise Practice
Sessions

Cheerleader



Game Plan Overview

1

Readiness



2

Preparation



3

Implementation



Step 1: Readiness



How do you know if your child is ready?

- ★ Physical Signs
- ★ Behavioral Signs
- ★ Cognitive Signs



But first... what steps are involved in using the toilet?

Step 1: Readiness

Readiness Signs

Breaking Down Toileting:

- ★ Feel the urge
- ★ Hold it in: these two steps alone are huge!
- ★ Communicate the need
- ★ Get to the toilet
- ★ Pull down pants/lift up dress & pull down underwear
- ★ Sit on the toilet
- ★ Relax!
- ★ Urinate/defecate
- ★ Wipe (You will be doing this part initially. Make sure you wipe front to back with girls.)
- ★ Get off the toilet
- ★ Pull up pants
- ★ Put the lid down, and flush the toilet
- ★ Wash & dry hands & put the towel back
- ★ Turn the light off/shut the door



Step 1: Readiness

Physical Signs

Walks & runs steadily

Sits for 5 minutes

Dresses self

Bladder control

Regular bowel movements

Use a toileting schedule



Step 1: Readiness

Behavioral Signs

Sits for 5 minutes

Pulls pants up & down

Dislikes wearing wet/dirty diaper

Interest in others' bathroom habits

Physical or verbal sign when having a bowel movement

Desire for independence

Takes pride in their accomplishments

Not resistant to toilet training

Cooperative stage



Step 1: Readiness

Cognitive Signs

Follows simple instructions

Understands the value of putting things where they belong

Has words or signs for urine & stool

**ADVANCED SIGN: can let you know before it happens
OR even hold it until they have time to get to the potty**

*** This is rarely seen in a child *before* they're potty trained**



2

Signing TIME!

www.signingtime.com

Playtime Signs

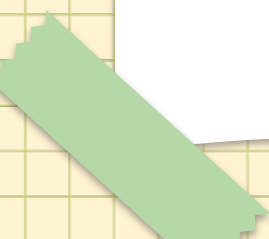
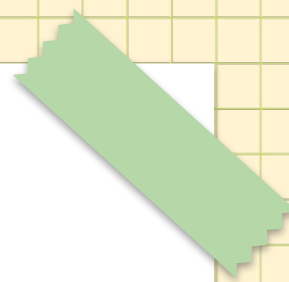


Step 2: Preparation

Signs of readiness in place?

Then you're at **STEP 2!**

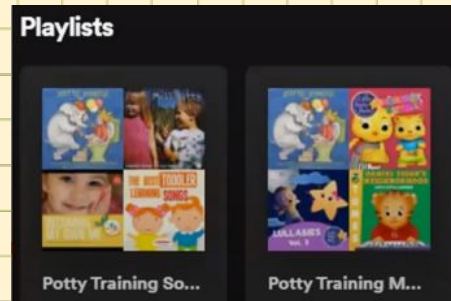
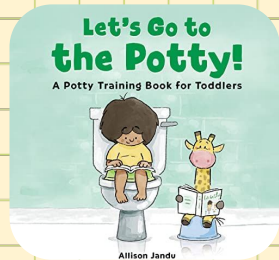
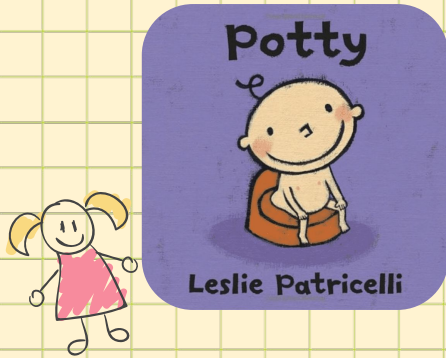
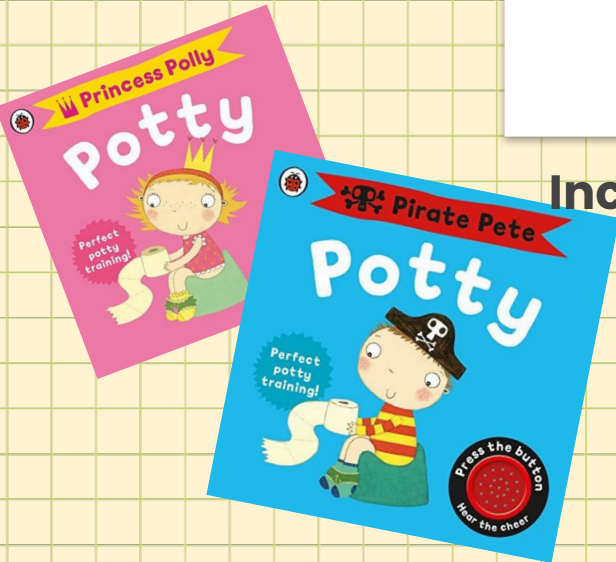
- ★ Potty Talk & Tips
- ★ Potty Seat vs Potty Chair
- ★ Pull-Ups & Training Pants
- ★ Reward System



Step 2: Preparation

Potty Talk

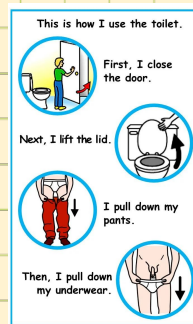
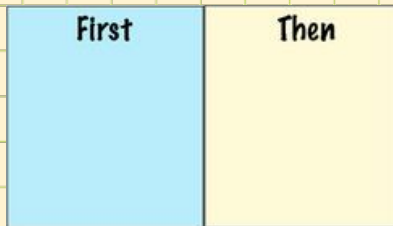
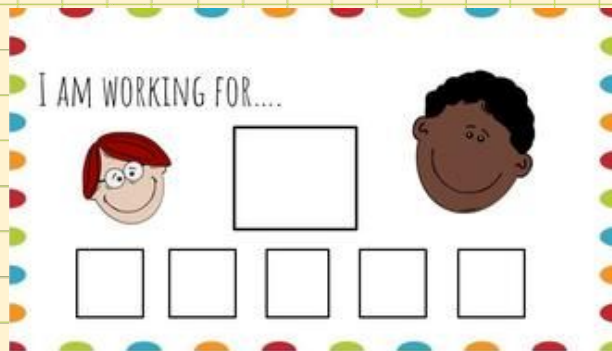
Increase Toileting Conversation



Step 2: Preparation

Visual & Social Stories

Increase Toileting Conversation



Step 2: Preparation

Tips for Success

Appropriate clothing

Clear your schedule!

Salty snacks & preferred beverages

Regulate bathroom's temperature, cold floor? How about socks?

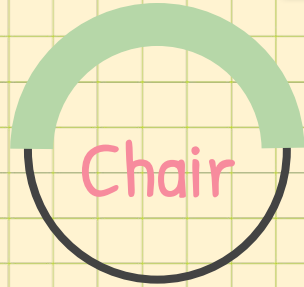
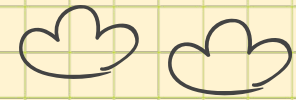
No poop-shaming

Model desired behavior

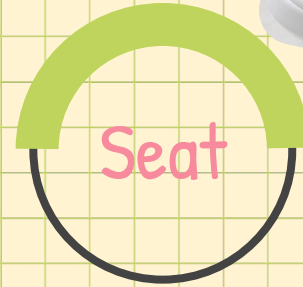


Step 2: Preparation

Potty Chair vs Potty Seat



- PRO:** Separate from the toilet.
Low enough to increase the child's feeling of security.
- CON:** Bowl must be removed and carried to the toilet, emptied & rinsed after each use.



- PRO:** Attaches to regular toilet seat.
Smaller opening so children don't fall in—or feel like they will fall in.
- CON:** Some children don't like the height, or climbing can be difficult for them.

Step 2: Preparation

PSA

Towelettes

- ★ Moist towelettes --- throw in TRASH
- ★ No such thing as "flushable wipes"



Step 2: Preparation

Pull-Ups™ vs Training Pants

Pull-Ups™

- ★ Are for parent's convenience
- ★ Are diapers without tape
- ★ are so absorbent that he can have a hard time feeling the cold, damp discomfort of a wet diaper



Training Pants

- ★ Are thick, cloth underwear
- ★ Are helpful to feel when they are wet
 - Not willing to give up the Pull-Ups™? You could try putting regular underwear inside the Pull-Ups™ so your child feels the wetness.



Step 2: Preparation

Marketing segmentation

Reward/Token System

-
- ★ Tangible items that are small, inexpensive and enticing
- ★ Attractive container for the rewards
- ★ Larger reward for the first poop in the toilet
- ★ It is a step-wise approach, not a time-based approach
- ★ Transition to tokens or stickers if things are progressing.
- ★ Will help wean them off the reward for every accomplishment
- ★ Bribery vs Incentive

BE consistently 
CONSISTENT



Step 3: Implementation



GAME DAY!

- ★ Plans in place?
- ★ Timeline
- ★ How we get in the way
- ★ What happens if?
- ★ Tips & Reminders



Step 3: Implementation

Plans in Place?

- ★ Life is calm?
- ★ Cleared schedule?
- ★ Reward System in place?
- ★ Communicate the need
- ★ Get to the toilet
- ★ Snacks & beverages ready?
- ★ Books in bathroom
- ★ STAY HOME ORDER!
- ★ Prep your child

Monthly planner

MONTH: _____ YEAR: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Step 3: Implementation



Toileting Timeline



1

Remove diaper &
sit on toilet



2

Begin system:
*If you can tell me that
you have to go to the
bathroom, then you
get a prize from the
basket.*



3

Expect more after
they consistently
achieve Step 2:
*If you can tell me you
have to go **AND** get
into the bathroom
before the pee-pee
comes, then you get a
prize from the basket.*



4

Diaper for
naptime &
bedtime



Step 3: Implementation

Learning Guide

Things They'll Need to Learn, as a Guideline :

- ★ Feel the urge
- ★ Hold it in: these two steps alone are huge!
- ★ Communicate the need
- ★ Get to the toilet
- ★ Pull down pants/lift up dress & pull down underwear
- ★ Sit on the toilet
- ★ Urinate/defecate
- ★ Wiping will be done by **YOU** initially. (Make sure you wipe front to back with girls.)
- ★ Get off the toilet
- ★ Pull up pants
- ★ Put the lid down, and flush the toilet
- ★ Wash & dry hands & put the towel back
- ★ Turn the light off/shut the door



Step 3: Implementation

How We Get in the Way

Battle them
for control of
their bowel &
bladder

Don't be
upset with
them or
punish them
for an
accident

Try not to
stop process
once started

AGAIN:
Be
Consistent!



Step 3: Implementation



What Happens If?

They're more interested in watching a video than actually participating in potty training

It's noontime and you are still trying to get them to perform Step 1

Child's Readiness



They've eaten all the snacks but will not touch the delicious drinks

They won't go near the bathroom

Step 3: Implementation



Training Complete?

TIPS



BM in the AM

Take advantage of the gastrocolic reflex by having them sit on the toilet for about 10 minutes after breakfast. It might not happen the first, or second or even third time. But establishing this habit might ultimately make for a better day.



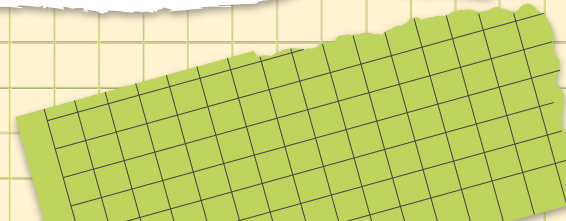
Be Proactive

Encourage your child to use the bathroom before you leave the house.



Accidents (still) Happen

Just because you're 'done' doesn't mean accidents won't happen. Just make sure you're prepared & **DON'T GET UPSET. IT'S AN ACCIDENT!** Bring spare clothes.



Step 3: Implementation

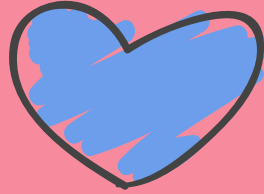


TIPS continued



Rubber Sheets

Protect the mattress!
(and your sanity)



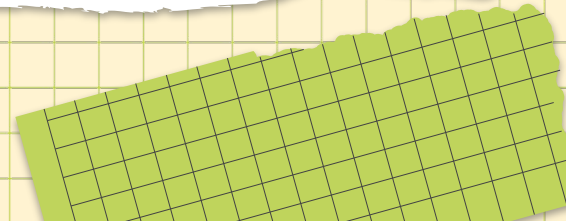
Wiping

Wipe child until 5 years old.
(still teach them how)
Girls wipe front to back



Be Patient

It takes time to learn something new, even for adults. When you're first learning something new, you're not great at it. It takes time. Be patient.





Step 3: Implementation

Reminders

Remember that your child is the one who is learning to do this...not YOU

Plan not working? Take a break!

Put everything away & wait about 2-3 weeks.
Then try again!





Questions?

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