

How to Start Potty Training Guide



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Potty training is a major developmental task for your child. The key to success is good, reliable information from parents with experience, patience and observation on your part to adjust and adapt your approach for your individual child. You may even find that what worked for one of your children may not work for the others. Get the facts on timing, potty training techniques and coping with the inevitable accidents.

Is It Time?

Potty training success depends upon physical and emotional readiness of your child and not a set age. Many children are curious about using the bathroom on their own around 18 months to 2 years of age. The “I can do it.” stage begins around age 2. This is when the toddler is trying out his new found independence because he is able to do some things on his own. Some children may not be ready until age 2 1/2 or even older — and that’s ok. If you start potty training too early, when he is not ready, it might take longer to train your child.

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Is He Ready?

To check on the readiness of your child, ask yourself these questions:

Does your child seem interested in using the toilet like the mommy or daddy?

Is he interest in wearing underwear?

Can your child understand and follow basic directions?

Can your child tell you through words, facial expressions or posture that needs to use the bathroom?

Does your child stay dry for periods of two hours or longer during the day?

Does your child dislike being wet or soiled in his diapers?

Can your child pull down his or her pants and pull them up again?

Can your child sit on and get off a potty chair?

If you answered yes to most of these questions, your child may be ready for potty training. If you answered mostly no, you might want to wait awhile.

The Key to Success

The key to success is patience and observation. Watch your child during the potty training process and see what seems to work best for him. You can also use guides from other successful parents for potty training but remember each child is different and you may have to adapt and tweek your approach for your child.

A great resource for techniques to potty train your child can be found in this helpful, informative guide by mother and successful day care owner [Click Here!](#)

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The Proper Equipment

Gathering together the proper equipment is also essential to potty training boys successfully. The proper equipment may take some time to find with some trial and error. Each child is unique and what may work for some may not work for others. Finding what “clicks” with your child may take some purchases before you get what makes him comfortable. Some experts advise to buy a potty chair where your son can lean forward with feet touching the floor. This position they contend is helpful during bowel movements. They also suggest to buy a child size potty chair which may be more comfortable for him.

These suggestions did not work for any of my children. The toilet adapter seat placed on the adult toilet worked best for them. Buy two of them. One for home and one for travel. They knew that this was not a “playtime” seat. When they sat on it, they knew it was time to potty like mommy and daddy did. We used a little step stool made for the toilet to help with potty training. This can be left in place so a child can go onto the toilet safely. But in the beginning, you will be there to assist them.



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Have several pairs of cloth training pants ready for changes. You can also use pull ups but use them as if they were cloth training pants. If your child has an accident, change the pull-ups just as you would the cloth pants. Do not let them walk around with wet or soiled pull-ups. They will think it is normal to go in their pants.



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Establish a Schedule for Potty Training

Begin in the morning when your child wakes up. Place your little one on the potty, then give him/her daily hygiene. Take him/her to the potty at 1 hour intervals throughout the day if possible. Soon, you will discover when he/she is most likely to need to potty. Watch for cues that he/she may need to use the potty. Then you will establish their routine for voiding and bowel movements.

If you need to go out, check for access to public facilities and take a seat adapter with disinfectant wipes. Once you get your child into a routine, you can plan your trip where he/she can go before leaving home and return home in time for the next potty visit.

Provide incentives

Encourage your child along with his/her potty training. Never make them feel ashamed or punish them for having toilet training accidents because they will happen. Utilize videos and [fun picture books](#) about potty training which will make it easier for your child to process the new information. Most of all, take your time. You can always regroup and start again after a short break. But whatever you do, be consistent.

Remember letting your child participate in his potty training plan by giving him choices and encouragement, makes potty training something he wants to accomplish, too. Give him something to measure their progress with on his way to being potty independent. You can do it together. You can be successful at potty training your child.

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By no means is this How to Start Potty Training Guide the last word on how to begin this journey with your child. It is just a starting place for you to gather advice and tips to help you along the way. There are many other factors that come into play that affect potty training your child such as attending daycare, the influence of other childcare providers for the mom that works outside the home, support for single moms or dads and children with special health care needs. All these factors require an e-book alone for each category.

Ultimately, this is a "test and trial" process for you the parent and your child to discover which potty training techniques are the best for the unique person that is your child.

All the best,
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