

The Ultimate Potty Training Guide

By TheBabySpot.ca

When your toddler is potty trained, it is not only a milestone for your little one, but for the whole family! Your toddler gets that independence to go to the bathroom and you get to save big on diapers and wipes... not to mention its way less mess!

Why Potty Train So Fast?

Parents have high expectations for their children to be potty trained. It may be a financial cost, because of the high price of diapers. It could be because they are facing pressure from the babysitter, daycare or preschool for their child to be potty trained or they lose their space or get charged more. Some preschools charge extra if teacher has to change your child, or worse, they don't let in children who are not potty trained at all.

These stressors cause parents to put a lot of pressure on their toddlers to potty train... and fast! Toddlers do not react well to highly stressful situations. They often times shut down, tantrum or start fearing the bathroom experience all together. Both parents and toddler begin a circular downward spiral of stress.



Each Toddler is Different

Each toddler is wired differently. Some are anxious to be a big tot and go to the bathroom while others are quite comfortable having you do all of the dirty work.

The Stages of Becoming Potty Trained

- 1. Knowing the feeling of having to go to the bathroom**
 - a) Identifying the feeling of going to the bathroom
 - b) Reacting by trying to make it to the potty or toilet.
- 2. Get your child to go in the toilet**

Your toddler successfully pees in the toilet. They may also poop in the toilet but poop usually comes later.

3. They Begin to learn to Wipe Themselves

Boys wipe differently than girls. Each toddler must learn how to wipe themselves and keep clean without getting themselves dirty.

4. Always washing their hands afterwards.

Hygiene is everything. Keep clean by creating the pattern of washing their hands with soap and water.

These steps may sound simple, but it takes some practice and getting used to for both parents and toddlers.



What You Need

Patience and lots of it! - Your child needs you as an ally and not an enforcer. You need to understand each other and make your instructions kind but clear. Keeping your cool is going to help you BIG TIME.

Consistency- a routine that your child can get used to quickly. Going to the bathroom, using toilet paper, flushing and washing their hands.

Understanding- Your child may be fully potty trained in a couple of weeks or need months. Either way, stay calm, they will get it.

Step ONE- Prepare yourself for potty training

The first step is to prepare yourself before you prepare your toddler. This is going to be an easy experience if you know what to have on hand! If you are confident potty training as a parent, it will be easier for your child to jump into the routine with you.

This is going to be easier than you are expecting. From this list, here are the things that you will need to [start potty training](#). Most of these will be around your house!

Remember that despite the click bait articles all over the internet that potty training does not have to happen in a day, a week or even a month. Every child is different and know you will get to your end goal.

Stay confident in your end goal and throw out other people's expectations. Your family and friends opinions do not matter. This is a journey between you, your child and that toilet.



Step TWO- Teaching your child how to register that they have to go to the bathroom

Many children need to recognize the feeling that their body feels when they have to go to the bathroom. They need to catch on to the body sensations of the urgency to go to the bathroom and make it on time to relieve themselves. This is where you come in. Teaching your child that it is time to go to the bathroom can be done in five sub steps.

- a) Taking your child to go to the bathroom every hour. When they do go to the potty, praise them! They will love the attention and try to go again. Most likely, it will be “pee” first.

- b) Keep a routine to go to the bathroom, check the potty or toilet, wipe, flush and wash hands and dry hands. Children love routine.
- c) Eventually, your child will notice the trigger to go to the bathroom. They may run and do it without you being there. Accidents will happen. Removing the diaper will cause accidents, but your child will want to make it to the bathroom. Have your cleaning supplies ready just in case!
- d) Remember the [6 P's To Potty Training Success](#).
- e) Take your child with you to go to the bathroom. Declare you have to go and take your child to the bathroom and go through the steps.

Step THREE- The Toilet Training Continues

Make sure to include a stool to help your child up to the toilet and begin with a toilet seat that hooks onto your toilet. Many children refuse to go to the bathroom because they are afraid of the toilet bowl. A seat will fit their little bums and make them a lot less scared of falling in. The stool helps them get up and adjust themselves properly.

If you have a little boy, feel free to teach them how to sit first to pee and then eventually to stand.

Get them to wipe themselves but then if they have gone poo, help them wipe afterwards.

Children can bring in reading materials. We recommend [Paulina the Poo Poo Fairy](#). Find episodes of your child's favorite characters going to the potty. Many children love Elmo and there is a great episode online about Elmo [going to the potty](#) (starts at 4:00)

Step FOUR- MOTIVATION TIME!

Your child will not enjoy being uncomfortable. It is time to motivate your little one! Buying cool underwear for "big kids" with some of their favorite characters and colors are for the potty is a great motivator for your little one.

You can also create a sticker chart where your child is rewarded for going to the bathroom. Choose favorite characters or bring your child to the store to pick their own stickers. Set up the chart outside of the bathroom so your child can put the stickers on themselves.



CONCLUSION

There will be accidents but if you notice your little one is staying dryer longer, trying to get to the toilet on time or excited to go to the bathroom, you are well on your way to a potty trained child. Don't worry if your child is not potty trained in a week or in a month. Every child is different and your child is not missing out on milestones. Your child may be excelling in other milestones. If you notice your child is holding their pee or poo purposely to avoid going to the bathroom on a consistent basis, speak to your doctor.

This ultimate potty training guide is here to help your child, but also to help you, the parents, not be frustrated with the pressure of others around you. If you are cool, calm and confident, your child will catch on to this and follow your lead. Happy Potty Training!