



Here at Bright Start, we research and use a variety of techniques backed by experience - tried and true Center experience. Below are some “Potty Knowledge” our Bugs, Giraffes and Tigers classes use to successfully lead our Toddlers to toileting independence. We do use Potty Training In 3 Days (Brandi Brucks, 2016) as a resource.

It’s Potty Time!

Helpful tips and ways to make potty training fun and easy!

Introducing:

- Start a Bathroom Routine: Do a walkthrough/tour of your bathroom at home/school. Start with “First we do this...” and always end with washing your hands. (Your child will develop Health and Safety skills and Language & Literacy).
- Put/Introduce pull-ups to your child!: Ask or have your child pick out their very own pull-ups. Help your child start to get excited about going to the bathroom. Have them wear a pull-up and start going to the potty. (Your child will start to develop independence with pulling their training pants up and down. This is a triumph!)
- Start a Potty Chart: Give your child praise even if they don’t do anything on the potty. (Get LOTS of stickers.) Encourage them to peel off the stickers and place them on their chart, even if they didn't do anything. (Helping your child with Fine Motor skills, Math/Counting & Social-Emotional skills also counts.)
- Read/Get Books: Read books to your child while they sit on the potty. Children LOVE books and looking at pictures. (Your child will develop more Language skills.)

Understanding your Child:

Always remember “Personality Matters”

- If your child isn’t ready, please don’t force it!
- Know your child’s potty schedule! Ask yourself “What time does my child wet in their pull-up/diaper?” or “When does my child make a BM?”

Have a Plan

- Ask yourself “Around what age should I start potty training?”
- Develop a schedule at home and share with your child’s teacher.
- Get your child’s teacher’s opinion on how your child’s interest in pottying vs. your child’s general interest at school.

Tips and Feedback from our Toddlers Classes

Important times to sit your child on the potty is when:

- You drop your child off or arrive at a public place
- Before and after meal times
- Before and after sleep times
- Before bath times
- Upon walks

What to Say vs Not to Say:

Don’t say this:

- “You’re being bad.”
- “Why did you just pee on the floor?”
- “I told you that you need to tell me when you have to go potty.”

Instead, Say This:

- “That wasn’t a very good choice.”
- “That wasn’t the best choice.”
- “I see you’re not making very good choices.”
- “Pee on the floor is yucky. Let’s try to get it in the potty.”
- “Tell me when you need to go potty next time.”

Five Most Important Things to Know:

1. Do not ask the child if she wants/needs to go to the bathroom. “Tell me when you need to go.”
2. Do not leave the child alone in a room.
3. Be present for each accident so you can redirect the child in the middle of his or her accident instead of after the accident.
4. Give rewards and praise for every time he or she successfully goes to the potty.
5. Do not show anger or frustration.

Have Fun and Enjoy These Discovery Years!