

Is your child ready to train? What can you do to help prepare them? Read on?



#1) Child must show signs of readiness

The child must understand the difference between wet and dry. They must have the vocabulary to tell us. They must be showing signs that they recognize that their body is ready to have a bowel movement or has the need to urinate. These signs could be holding themselves, facial expressions, doing the “potty dance” etc. They have to have several hours of being “dry” to show us that their body is physically able to control its functions.

#2) A child must be able to pull up and down their own pants & training pants.

Part of being independent and “trained” is being able to do it ALONE or with minimal help. Practice with your child when you change their diaper, allow your “child” to pull down his or her pants, and to pull them back up again once they are changed. Dressing themselves after a bath or in the morning is also a great way to help them be independent and take care of personal needs.

At times during toilet learning a child may require a complete change of clothing, so being familiar with how to already dress themselves makes the experience much less frustrating for your child.

Helping your child become independent gives them a huge sense of accomplishment!

#3) Country Kids does not use a potty chair.

Potty chairs hold a great deal of germs and require a lot of cleaning. They are also one unnecessary step in the training process.

#4) Praise!

Toilet learning is a huge step in becoming a “big kid” I do give rewards (M&M’s, stickers, etc.) Each child will also get praised for becoming a “big kid!” They are rewarded a Certificate when they master all the stages of training! Praise makes everyone feel better than a toy or candy so they will get plenty of praise as well.

#5) Familiarize the child with the bathroom!

Show them how to lift the lid, show boys that they also lift the second lid and show them how to flush the toilet. Let them do it so they understand that while it is noisy, it's nothing to be afraid of. Teach the boys to put the seat down when they are finished and to do it gently so their fingers by slamming it closed.

Show them the toilet paper, and teach them how to remove the toilet paper and the correct amount to take. They should also be taught that sometimes they need to "wipe themselves" more than once to make sure they get themselves clean. Supervision at daycare is given so a child can learn to wipe themselves after a bowel movement.

Children that are fearful or uncomfortable using the toilet may use the adapter to sit on the toilet.

#6) Teach child to keep a clean bathroom area.

Remember the old bathroom signs? "If you sprinkle when you tinkle, be a sweetie wipe the seatie". This is an important thing to teach children. They should "observe" the toilet seat before flushing to see if they "sprinkled". Toilet paper should be used to wipe it clean for the next person. We always flush the toilet and put down the seat (if lifted) when finished.

#7) Hand Washing!

A stool can be slid to the sink and hands must be washed. Teach them RED means HOT, Blue means COLD. Use soap to wash and a towel to dry your hands when finished!



What to wear:

Learning to be a “big kid” means dressing like one and acting like one! Easy on and easy off clothing is a must! That means no bib overalls, no onesies or shirts that snap in the crotch, and no restrictive or tight clothing that is hard to get over a pull-up or training pants. Sweat pants or pull on pants work great in the early stages of training.

Learning to be a “big Kid” means learning to pull up and down our own clothing in order to use the bathroom. I am there for “assistance” but do not undress a child to use the toilet. Part of being “ready” is being able to accomplish simple things like pulling up and down our pants.

Pull-ups are great when we first start training, or if your child still has poopy diapers. Thick training underpants are great when your child is not or is occasionally wetting his pants during the day, but is making great strides in staying dry.

Remember, the goal of toilet training, is to teach the child to be independent and to take care of their bathroom needs on their own. Your job as the parent was diapering, now it’s the child’s job to master this next step. Encourage his or her independence!



When do we go?

Ideally we want the child to decide this. However, in the early stages they need to be reminded to use the bathroom because playtime is serious business and sometimes they “forget”.

Children will be instructed every 1 ½ to 2 hours to use the bathroom. A child who is given a choice when playing will most times say NO.

If you notice the child fidgeting or tugging at themselves, point out to the child that THIS would be a good time to go to the bathroom. The key is to help the child recognize the feeling they are experiencing as a signal that they have to stop what they are doing and run to the bathroom.

Children will many times have to urinate within an hour after drinking a lot of liquid or a bowel movement an hour after a meal.

When to stop training?

A child who is emotionally and physically ready will usually train very quickly! Some in a couple of days, some in a couple weeks.

We will stop training if:

The child is having many accidents after a reasonable amount of time.

The child is frustrated or fighting the process.

The child/parent is not keeping with the training every single day.

More emotional and/or physical maturity is needed, give them a few weeks and try again!

Good Luck Trainers!