



## HIGH 5 COMMUNICATION RESOURCES

Emily Goudreault, M.A., CCC-SLP • Speech-Language Pathologist

[www.high5communicationresources.com](http://www.high5communicationresources.com)

[emily@high5cr.com](mailto:emily@high5cr.com) • 970.988.6718 (cell) • 616.366.4231 (office + fax)

SPEECH + LANGUAGE THERAPY • INFANT + TODDLER ENRICHMENT • FEEDING THERAPY

### HELPFUL HINTS FOR PRE-POTTY TRAINING

#### 《THE WEEKS OR MONTHS LEADING UP TO POTTY TRAINING》

**One of the most common mistakes parents make is doing nothing to prepare until the week they start training (Schmidt 2004).**

A calm, easygoing approach works best during pre-potty training. Potty Training is a big skill to learn. Be patient. Let your child show you when s/he is interested BUT don't forget to casually introduce the potty and other aspects of toileting during this time (flushing, watching you, etc.). AVOID PUTTING LOTS OF PRESSURE ON YOUR CHILD.

Children should be shown how to use the toilet by watching you or other children who are trained or discussing each step and practicing each step with out actually using the toilet.

#### Initially:

- Invite child to watch you to go to the bathroom - but don't force them to (Ex: "Mama has to pee. Would you like to come watch?")
- Let them see the action – open your legs or have them stand near dad peeing.
- Introduce and use signs EVERYTIME you go + during books, when other people go to bathroom
- Include them on the whole routine - wiping, flushing, saying bye to pee/poop
- Have child sit on toilet or potty frequently throughout the day, with clothes at first, then without
- Help children recognize when they are urinating or have a bowel movement (if you see them pushing, make the sign and tell them they are pooping. If they pee in the bathtub or during a diaper change, make the sign and tell them they are peeing. They must be aware of what they are doing before they can do anything about it.

#### Other Tips:

- When pre-potty training, include "potty time" into the daily routine. For example, before/after bedtime/naps, sit him/her on the potty and read a potty book and/or sing a potty song.
- When a child is giving the signs of having to use the toilet or tells you they have to use the toilet, take the child in and help undress them and on to the toilet. Sit by the child for a few minutes. Encourage them to try "to push" but don't push for immediate results. After a few minutes, help the child with the rest of the routine and give praise for the effort or any successes they had.
- **\*\*Controversial/contradictory statement:** Never force a child to sit on the toilet against their will or for long periods of time if they do not want to. This could set up a power struggle and negative feelings toward the toilet training. **\*\*** Note that during actual potty training, you are encouraging frequent use of the potty.