

## Suggested Potty Training Guidelines

Congratulations on taking on the task of potty training! Your child is ready to become a “big boy/girl”. Through clear expectations, consistent reinforcement and perseverance you can train your child to use the bathroom. You can do it and we can help! :)

### ***Where do I begin? Exposure! Exposure! Exposure!***

Being to discuss with your child the topic of potty training him/her. You can begin by reading potty training social stories, reviewing the sequence of using the bathroom, and discussing how it feels when you need to use the bathroom. Have your child practice following these steps with greater independence. As you see your child begin to master the bathroom procedure, you can begin the next phase of potty training. Keep in mind, that the duration of potty training may look different for each child. Do not be alarmed if someone else is potty trained at a faster rate, work with your child at their pace to ensure this is a successful potty training period.

***Please note the following are suggested ways you can potty train your child.***

***These are one of many ways we potty train at P596x.***

***Be sure to communicate with your child's teacher on specific strategies so you can be on the same page. :)***

### **Inventory for potty training in school:**

Send in the following items in an extra large ziplock bag with your child's name and class on the front:

- 5 underwear
- 3 pairs of pants
- 3 pairs of socks
- An extra pair of shoes to be kept in school (in case his shoes get wet/soiled)

\* Please be aware the clothes could last a week or one day.

### **Prepare your child daily by:**

- Sending your child to school wearing a **pull-up and underwear over it**. The reasoning: upon arrival to school, we will remove the pull-up and your child will already have underwear on. Your child will also see that at school and home we are on the same page to encourage potty training.
- Your child will be taken to the bathroom after each meal or after drinking liquids, as normal, but this time we will emphasize wait time of up to 5 mins to ensure your child has ample time to go. If after the 5 minutes, your child does not use the bathroom, he/she will be taken back to the bathroom every 15 minutes to encourage he/she to use the bathroom.
- Enclosed you will find a copy of the visual potty training chart used at school, posted in the stalls and in the classroom as a reference guide. Feel free to keep it and post it at home.
- Also enclosed is a toilet training log for you to record each time your child was taken to the bathroom and if he/she used it. This is essential to help determine when he/she needs to go, so you can take them to the bathroom in time and avoid an accident.

### **Encourage Communication:**

Whenever you take your child to the bathroom, point to the bathroom visual or use the american sign language symbol for toilet (make a fist and place your thumb in between the middle finger and pointer

finger and shake from side to side). This constant repetition will encourage your child to communicate whether he/she needs to use the bathroom.

### **Accidents:**

If your child has an accident, which is more likely to occur, do not startle him/her with your reaction. Correct them by redirecting them to use the toilet and show them where it is and what to do. Allow them to feel the discomfort of being wet for a few seconds. Tell them it is “yucky” and show them again that pee and poop go in the toilet.

Enclosed is a social story to be read to your child each day/night to review expectations and procedures.

### **Reward system:**

It is optional to use a reward system to encourage your child to use the bathroom. It completely depends on you, as a parent and your child, if it will work.

- A sample reward system could look like this:
  - For everytime you go pee pee in the toilet you get a sticker or stamp or verbal praise added on the visual chart
  - Every 2x you use the toilet= social praise
  - Every 3x you use the toilet= tangible reward or edible
  - Every 4-5x you use the toilet= special prize or highly preferred item

Enclosed are a few sample reward charts you can use if you wish to. Keep in mind, once your child is full potty trained, the reward system will need to be phased out.

### **TidBits/ Hang in there!**

Remember it is essential to continue to potty train with underwear. Please **do not** resort back to pull-ups or diapers. Only for long car rides or outings. We do not want to confuse your child or cause an regression during this critical time of learning. Thank you for your continued support. Best of luck!

**“It takes a village to raise a child”** is ever so true when it comes to potty training.

Feel free to reach out to your child’s teacher, therapists, direct caregivers and family members to discuss specific ways/ strategies to potty training your child. The secret to toilet training success is clear expectations, consistency and perseverance.

Sincerely,

P596x Community