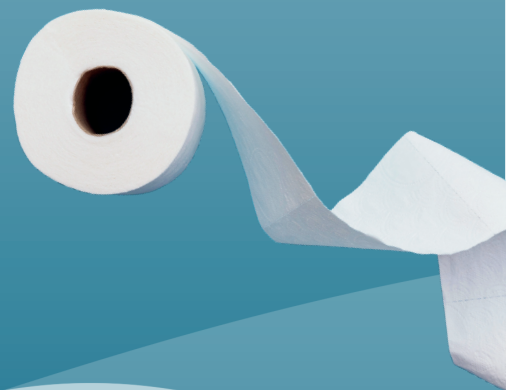




WINDHAVEN ACADEMY
BUILDING BRIGHTER FUTURES

GUIDE TO
**Potty
Training**



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If you believe your child is ready to get out of diapers, congratulations! Using the toilet is a valuable skill that strengthens your child's freedom and confidence. Potty training is a significant milestone for both children and their parents.

The keys to success?
Timing and persistence!



When Are Children Ready to Toilet Train?

Many parents are confused about when to begin potty training, also known as "toilet training." Between the ages of 18 and 24 months, many toddlers exhibit signs of being equipped for potty training. Others, however, will not be ready until they are three years old. There's no need to hurry. It will take longer to teach your child if you begin too early. Since not all children are ready at the same age, it is essential to keep an eye on your child to indicate readiness.



Stay updated with these surefire clues that your child is ready to begin:

You see fewer diaper changes

When your baby can remain dry for an hour or two, it indicates improving bladder control and that your baby is genuinely prepared for potty training.

The frequency of bowel movements is regulated.

This makes it easy to get to the potty when you need to.

Your child is more verbal when it comes to going to the toilet.

Potty training is on the way as your child begins to report peeing and pooping by expressing or telling you by their facial expressions, noises, or even words.

Dirty diapers are noticed (and disliked) by your baby.

Since dirty diapers are disgusting, your child may decide they don't really want to hang out in them. YES! Your child, like you, is sick of filthy diapers and is eager to use the potty instead.



A few questions to ask yourself to know better if your child is ready:

- ★ Is your child able to walk to and sit on a toilet?
- ★ Is your child able to pull their pants down and back up?
- ★ Is your child able to comprehend and follow simple instructions?
- ★ Is your child showing signs of wanting to use the bathroom or wear "big-kid" underwear?

Your child may be ready if you replied yes to one or more of these questions. If you answered mostly no, you might want to reconsider, especially if your little one is about to go through a big transition, such as a relocation or the birth of a new sibling.

Potty Training: How to Begin



It's critical to introduce potty training correctly once you've determined when to begin. These suggestions will aid in the transition from diapers to toilets.

Emphasize the Benefits of Using a Potty

Prior to the first diaper-free test run, emphasize the advantages of using the toilet. "Wearing underwear is fun!" you might say, or "Pretty soon, you'll be able to flush like Mommy and Daddy!"

Follow A Set Timetable for Potty Training

The trick is to ritualize using the potty during the day until it becomes more of a routine. Consider letting your child sit on the potty every couple of hours, whether or not they need to go, as well as first thing in the morning, when you leave home, and right before naps and bedtime.

Get There As Soon As Possible!

Act immediately if you see signs that your baby will need to use the bathroom, like squirming, slouching, or holding the genital area. Allow your child to become acquainted with these signs to interrupt what they are doing and go to the bathroom.

Show Your Child How to Use the Toilet

Toddlers like imitating and the bathroom is no exception. Sure, you might describe to your child how to squat, wipe, and flush, but it's far more effective — and efficient — to take them to the bathroom and illustrate.

Offer A Book to Your Child

When your child is on the potty, read them a book about getting to the potty, or just let them look at one of their favorite picture books to help the time pass and make them feel more comfortable.

What should they wear?



Though diapers can be better at night, underwear is preferable for actual training. Many experts recommend switching straight to underwear (rather than pull-ups or training diapers) while potty training because it creates less of a "grey area" for children. Pull ups will feel much the same as a diaper for your child and, as they keep your child dry, will be less of a motivator for them to start using the potty.

That being said, during long car rides or trips out, don't be ashamed to put a training diaper under their underwear. This way, you will not be required to change their clothing in case of a mishap.

Potty Training at Night



Before you think about leaving your baby's diaper off at night, concentrate on getting them potty trained through the day.

If your child's diaper is dry or just mildly wet after they wake up many mornings in a row, they might be ready for night-time potty training.

Ask your child to use the potty last thing before bed and have it nearby if they decide to pee in the middle of the night. Accidents are unavoidable, but a waterproof cover to secure your child's mattress is a brilliant idea.

It is important to reward your child for their achievement, just as it is for daytime potty training. If things aren't going well, you can keep using diapers at night for a while.

Conclusion

We hope that these suggestions will be helpful to you and your child when you begin potty training. Don't give up if things aren't going as well as you'd like. Your child will soon get the hang of it, it simply requires some patience on both your parts.



Is Your Child Ready?



Fewer diaper changes?



Frequency of bowel movements is regulated?



Your child more verbal when it comes to going to the toilet?



Dirty diapers are noticed (and disliked) by your baby?

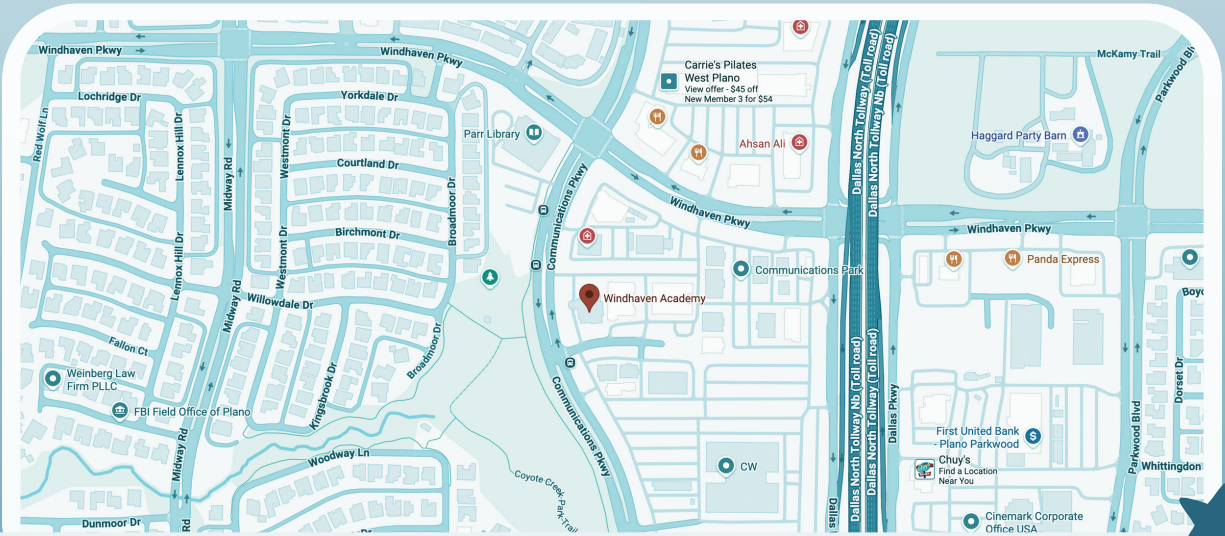
All ticked off?


TIME TO GO!





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