

## Potty Pointers

- Put your child on the potty as soon as interest is shown. Other good times are before and after meals.
- Don't push! Allow your child to become used to the potty when ready.
- Encourage and remind children. Do not order them.
- Praise a child for being successful, never scold for accidents. Accidents do happen, so reassure your child should this occur.
- Children may not adjust well to a strange potty. Telling them in advance that they will be using a new bathroom may help.
- Little boys first urinate sitting down. When they learn to stand and urinate depends on adult male example.
- Little girls may want to stand during urination if they have a male example. They may feel discouraged when corrected. Don't worry. In time the situation will correct itself.
- Remember, girls should always wipe or be wiped from front to back. This will keep germs from the anus from being passed to the vagina and urinary tract where they may cause infections.



### Oakland County Health Division

1200 N. Telegraph Rd.  
Pontiac, MI 48341

27725 Greenfield Rd.  
Southfield, MI 48075

1010 E. West Maple Rd.  
Walled Lake, MI 48390

[www.co.oakland.mi.us](http://www.co.oakland.mi.us)

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## When Is My Child Ready?

*Your child is ready for training when:*

*Physically:*

1. They are able to sit down and get up.
2. They are able to walk to and leave the toilet.
3. They stay dry for a period of 3-4 hours at a time or wake up dry in the morning.

*Emotionally:*

1. They know what the toilet is for by watching others.
2. They prefer to be dry.
3. They use a word for going to the bathroom.

Most children are ready for toilet training by age 2; some as young as 18 months; some may be 3 or older.

## What Can I Do To Help?

DO NOT FORCE toilet training. A child that learns when ready will be happier.

*To Begin . . .*

- Change diapers often. Keep your child as dry as possible.
- Get a safe, easy-to-use training potty and place it on the bathroom floor.

- Show your child the potty chair and the toilet stool.
- Invite your child to sit on the chair each day. If the chair is cold, leave diapers on the child.
- Talk with or read to the child while he is on the potty. Make it a pleasant experience.
- Let the child leave the chair when ready.

*After a week or so, if the child has accepted this routine . . .*

- Have the child sit on the potty, two times a day without diapers on. Ten to fifteen minutes after meals is often useful. Do not expect results but if they do occur, do not over praise.

*Once the first two routines have been followed . . .*

- Take the child to the training potty when the diapers are dirty. Before your child sits, take off the dirty diaper and empty into the potty. Do this once a day or so for about a week.

## Training pants can be introduced . . .

Dress your child in training pants that can be removed easily, giving the child more self control. Choose outer clothes that can also be removed easily by your child.

## True Independence

By three years of age, most children stay clean and dry during the day and will begin to stay dry at night.

*In order to help with this process you can:*

- Keep your child warm at night. This warmth increases loss of water through perspiration and may prevent bladder contraction that occurs when a child is cold.
- Cut down on fluids an hour before bedtime.
- Encourage and praise a child that has stayed dry through the night.