

## Potty Training

Beginning around age 2, we will help with potty training but will not fully potty train at our facility. Families need to potty train at home as well. Children need to have no accidents, #1 and #2 for at least 2 weeks before wearing underwear to daycare. Please try not to dress little ones in one-piece pajamas or outfits while potty training please.

Please be aware we take toddlers to the bathroom every 1 to 2 hours, and as needed for #1 and #2 if they tell us they need to go or are showing signs they need to go. Infant diapers are changed as needed, typically every 1 to 2 hours, or as needed when they have #2.

When beginning potty training we use a sticker chart for each child to get them excited to use the potty. After a few weeks we will slowly ween them off the stickers and tell them "Time to go potty!" I am not a big fan of pull ups so we will use the appropriate size diaper until the child is ready for underwear.

We use a small potty seat that fits over our toilet for the children to sit on. We have 2 step toddler stool children use to stand on to wash their hands and a dolphin faucet extender to help them wash their hands. We use a non-toxic condensed foaming castile soap from Dr. Bronners that is made from organic oils.

### Tips & Tricks

#### Positive Reinforcement

Phrases such as "Yay! You went potty!" "Bye Bye pee and poo poo." "Great job for trying!" Try not to ask if they need to go, instead say "Time to go potty!"

#### A Reward System

A treasure chest of toys and snacks for when they go potty

A piggy bank to fill up each time they go potty

## Helping them get over the fear of going #2

Take a few days or at a weekend and allow them to go with no diaper or clothes before and after bath time so they do not have the opportunity to go in a diaper or underwear. Have them sit on the potty for a few minutes at a time and read a book and sing a song. Once they get over the fear of going number 2 it should be an easier transition and they will start telling you they need to go potty and not like the feeling when they go in their diaper and/ or underwear.