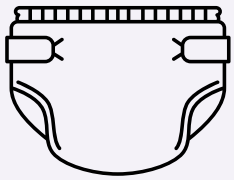
POTTY LEARNING:

The Transition:



Please note that in order to transition our child, THEY need to have the WILLINGNESS. Once a child decides for themselves, then it usually goes well.

Script ideas to prompt our child to transition:

- When getting dressed in the morning, ask your child: *"Do you want to wear underwear or a diaper today?"* if they choose a diaper, we can ask them if they'd like to put underwear on top of their diaper - they can already start practicing pulling up and down their underwear.
- Sometimes, a child gets used to peeing in the potty/toilet, and they still want their diaper on for bowel movements. It's best to respect their wish & not pressure them. We can, however, already begin to transition them by doing the following: When changing our child's poop diaper, we can walk together to the bathroom. Remove the diaper & flip the poop into the toilet. Then we can ask our child, *"Would you like to flush & say goodbye to your poop?"* This will help our child get accustomed to walking to the bathroom, flushing & hearing the toilet flushing.

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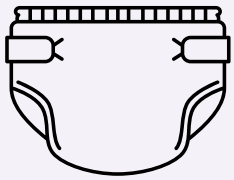

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Script ideas to prompt our child to transition:

- When asking if our child needs the bathroom, we can bring them to gain self-awareness by saying something like, *"I wonder how your body is feeling right now. You are the only one who knows how you feel. Do you want to go to the bathroom?"*

This helps a child gain CONFIDENCE. They learn to trust their body.

I recommend staying home during this transition so our child can first become used to this transition.

Prior to leaving our house, we want to take the time to tell our child the details about the bathroom situation where we will be. In pubic bathrooms, it's best to cover the flushing sensor (which can be done with some toilet paper!) not to scare our child with the flushing sound that may go off at any point.

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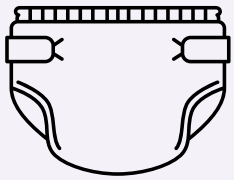

Things that may add unnecessary stress for kids during this transition:

- *Rewarding them with gifts* when they use the bathroom. This can feel stressful because when they have an accident or don't feel ready to use the bathroom, they know that the reward will not be given to them, which is a punishment. It also brings a child to focus on the gift rather than their body awareness.
- Telling a child that there are *no more diapers* their size or that having a diaper is no longer an option. This can add lots of stress & when a child is stressed, they may not feel relaxed enough to learn the new skill of using the bathroom.

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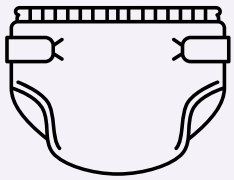

Things to consider for the nighttime:

- A sign your child is ready to spend the night without a diaper is that they wake up with a dry diaper.
- Try not to give too many liquids right before bedtime & going to the bathroom right before bedtime is important.
- It's okay to have pullups on for the night & only to transition the daytime first. Go with your child's flow.
- Sometimes a child has multiple accidents & they don't want to wear a diaper. In such cases, we can suggest that before we go to sleep (which might be a couple of hours later) we will lift them, bring them to the bathroom (keep all lights dim) & then bring them back to their bed. Usually, this tends to help with night accidents until a child can sleep through the night without needing the bathroom until they wake up .