

Is My Toddler Ready For Potty Training

Presented by: Allison H. Foster, MD

Child and Adolescent Health Associates

NPN 2014 Toddler Expo

Physical signs:

- Coordinated enough to run/walk in a steady fashion
- Starting to urinate large amounts at one time
- Starting to have dry periods of at least two hours
- Starting to have predictable, reliable poops during the day

Behavioral signs:

- Can pull pants up and down easily
- Can sit quietly for 2-5minutes at a time
- Doesn't want to wear a wet/dirty diaper
- Wants to watch you go to the bathroom
- Takes pride in accomplishments
- Likes to receive praise



Cognitive Signs:

- Has words for urine and stool
- Can follow simple commands like "Go get the book."
- Understands the value of putting things where they belong (cleans up toys at end of day)
- Understands the physical signals that means he/she has to pee/poop and is able to hold it for a very brief period

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It's All about Timing

- Your child isn't going to college in diapers
- Every child is different
- Wait until they are ready
- Resolve constipation issues first
- Peer pressure helps (daycare, playdates, etc.)

Signs of Readiness (see checklist)

- Let's you know when they have to go pee-pee/poop
- Shows interest in toileting/comes into the bathroom with you
- Requests diaper change after pee-pee/poop
- The parent is READY to commit

Get the Right Supplies

- Big kid underwear
- Pull-ups
- Potty seat or potty chair
- Step stool
- Toilet seat covers for public restrooms
- Easy up and down pants
- Post-it notes



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Just Do It!

- Bye-bye diapers
- Pull-ups only come out at night.
- Underwear only during the day
- Frequent sittings (10, 15, 20, 30 minute intervals of going to the potty).
- Use the gastro-colic (eat-poop) reflex to your advantage!

Presenter Dr. Allison H. Foster is a graduate of Northwestern University Medical School (M.D.) and completed her Pediatric Residency from Children's Memorial Hospital in Chicago. She is Board Certified in Pediatrics. For more information about Dr. Foster, please contact Child and Adolescent Health Associates, Ltd. at 312.943.6964, 1030 N. Clark Street, 4th Floor, Chicago IL 60610.



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Bribery Works

- Positive reinforcement works....like, seriously!
- Stepwise approach for reward
- Praise-a-thon, stickers/sticker charts, special treats, coins for piggy bank, etc...

The Truth about Poop

- Deal with constipation issues first
- Sometimes scary to poop in potty/toilet
- Sit on potty after every meal or big snack
- If “*my tummy hurts*” -> sit on potty to poop



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