

Potty Training at Pamm's House

I have often said if I had to potty train my own children again, I would wait until they were at least 3 years old! We started way too early. I wish I had this article from *Better Homes & Gardens*, July, 2003, as a guideline:

Too soon to toilet train? - Healthy family: news everyone needs to stay well - children over 27 months easier to train

Doctors at The Children's Hospital in Philadelphia found that parents who tried to potty-train toddlers before 27 months of age ended up spending a lot more time at it than those who waited. It took 10 to 14.5 months to fully toilet train children younger than 27 months, the researchers discovered. Toddlers over 27 months mastered the bathroom in an average of 5 to 9.5 months, suggesting there's little to gain in tackling toilet training too early.

So if you're sure your toddler is old enough, shows signs of being ready for potty learning, and you're up for a serious try, I will be more than happy to assist you with your toddler learning to use the potty.



10 Signs Your Child is Ready to Potty Train, from an article by Robert Needlman

1. She's able to walk well on her own, and can pull down her own pants (elastic waistbands are good for this) and diaper.
2. She shows that she's aware of what's going on in her diaper-- either by saying something like "poo" or by looking uncomfortable when her diaper is full, or pausing in her playing.
3. She's interested in what you do in the bathroom, coming in to watch from time to time. She might help to flush, or wave "bye, bye" to the departing poop.
4. She's not completely caught up in needing to say "no" to everything you suggest (the automatic "no" stage is usually between about 18 and 30 months.)
5. She has tried to sit on the potty, with her pants and diaper on, and doesn't seem to mind it. She feels "friendly" towards "her" potty.
6. She understands when you ask, in a mildly interested way, "Do you need to use the potty?"
7. She's fascinated by putting things into containers (blocks into the box, pouring sand or water in and out of a bucket.)
8. She feels proud when she can do something "all by myself."
9. Her diaper is dry and clean often for a couple of hours at least.
10. She's interested in "big girl underpants."

Parents must begin the potty training process with their toddler at home over a weekend or a long holiday. If successful at home, your child is old enough (at least 27 months old), shows signs of readiness, your child is not experiencing any other change, and I'm in agreement, I will follow up with the training at Pamm's House.

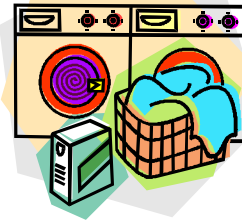
I take a low pressure approach to potty training. I give lots of praise for accomplishments (sometimes I reward with stickers, fruit snacks, or special toys to play with) and I'm "matter of fact" about accidents. Please realize this should be your child's accomplishment and not yours or mine. Children should not be compared to how others are doing.

The activity level at Pamm's House can distract your child from responding to an urge to use the potty more so than at your home. I will provide diapers or Pull-Ups until your child can and will announce the need to use the potty and can control that urge for a few minutes beyond that announcement.

Please do not bring your child in underpants until I tell you that we are ready for that at daycare. I may also request your child wear plastic pants over his/her underpants at first.

While your child is learning to use the potty ONLY elastic waists pants or dresses are allowed. No overalls, onesies, belts, snaps, buttons, or zippers may be worn. Please provide up to three additional sets of clothing.

Due to health regulations, I cannot wash out soiled clothes. I will put them in a plastic bag for you to take home and wash.



If you would like more information on the "how-to" of potty training, an excellent book is Potty Training 123 by Gary Ezzo. This book is available at the Mohave County Library. I also have some ideas on my web page at: www.pammshouse.com/themepotty.html

Some other important points are:

- « The words we use at Pamm's House are: Potty, Pee Pee, and Poop.
- « Everyone starts by using the toddler potty chair at Pamm's House.
- « The best way to learn is to teach. Have your child "teach" a doll or stuffed animal how to use the potty.
- « Set a stove timer for 30-45 minutes to remind you and your child when the next time is to try going potty.
- « Encourage your child to drink lots of liquids.

Potty training is a team effort between you, your child, and Pamm's House. Please communicate often about your progress at home, as I will let you know how it is going here.

~Pamm