

# Potty Training Survival Guide

Once you start potty training, you will be spending a lot of time in the bathroom with your toddler. It is helpful to be prepared for this before starting to potty train.

Use the list of Potty Training Survival Kit Supplies to gather items ahead of time so you aren't caught off guard needing an item in another room while your little one is taking his time doing his business!

But first, let me share with you the method, routine and tasks I use for potty training my daughter.

## My Potty Training Method

My method of potty training is simply to regularly ask my daughter if she has to go potty. Almost every time, I take her to the potty regardless of her answer because she is still learning how to know if she needs to go potty or not.

If she is resistant, I try to find activities or toys that she can still enjoy while sitting on the potty. I try to give her my full attention and play with her, sing songs to her and read books to her to make going potty a positive experience for her.

When she successfully pees or poops in the potty, I praise her excitedly and give her a reward.

## Toddler Potty Routine

This is not a strict routine and I didn't jump into it bright and early on a Monday morning. I gradually started putting my daughter on the potty whenever it was convenient for me, which was probably only about 3 to 5 times per day. As I began having little successes with her, I started taking her potty more often.

### Potty Times:

- Before sleep times
- After getting up from sleep times
- Every hour
- Before leaving the house
- After arriving home
- Before meals/snacks/nursing sessions
- After meals/snacks/nursing sessions
- Twenty minutes to a half hour after copious liquid intake

## Toddler Potty Tasks

Toddler potty tasks are simply all the little things that must be done when we go to the restroom - things a child must be taught how to do to complete pottying in a sanitary manner.

*If my daughter pees in the potty:* I give her a piece of toilet paper to wipe her bottom and then I wipe her as well to ensure she is dry. I then pull up her

underwear and pants. Depending on her mood (and mine), I sometimes encourage her to try to pull them up herself. She flushes the toilet (which I have to help her with at this point), and then I help her wash her hands.

*If my daughter poops in the potty:* I either rinse her bottom and bum with water or wipe her clean with a baby wipe. The rest of the tasks are, of course, the same as when she pees.

*If my daughter wets her pants:* I usually take her to the bathroom and sit her on the toilet. I ask her if she needs to pee anymore, and then I clean her bottom and legs with a baby wipe. Throughout this process, I gently explain to her that whenever she feels like she needs to pee or poop, she should tell mommy that she needs to go potty.

*If my daughter poops in her pants:* I bring her into the bathroom to clean her up with baby wipes. I dump the poop from her panties into the toilet and explain that poop belongs in the toilet, not her panties. Once she is cleaned up, I sit her on the potty and ask her if she needs to pee or poop anymore. I gently reiterate that she should tell mommy when she needs to pee or poop so we can go to the potty.

## Potty Training Survival Kit Supplies

This list contains everything I have found to be necessary in my potty training adventure.

## Little Potty Chair/Potty Seat

*What to do:* Figure out what you want. A potty chair may allow for more independence initially for your child since she will be able to sit on it with little or no help. However, you will be the one emptying and washing the potty, and it is an extra step in the process of teaching your child to eventually use a real toilet.

The other option is to use a little potty seat made for little butts that fits on top of a regular toilet seat. You will have to help your toddler onto and off of the toilet, but there is much less clean-up required this way.

*What I do:* I originally bought a potty chair back when my daughter was just beginning to be curious about sitting on the toilet. But when the time came to get serious about going potty, I ended up using the little potty seat my husband had picked up for a good deal. I just couldn't resist the ease and sanitation of having to do nothing but flush to "clean up."

## Pull-ups/Diapers/Underwear

*What to do:* Keep a pile of your preferred style of toddler undergarments near the toilet at all times. We mamas are very aware of how much children enjoy parading their nudity throughout the house. Cut this problem off before it starts by having a fresh pair of unmentionables to slip onto your toddler as soon as you help her down from the potty.

*What I do:* I use underwear on my daughter when we are at home because I want her to learn how to recognize when she needs to pee by experiencing wetting her pants if she's not on the toilet. If she's wearing an absorbent diaper or pull-up, what reason will she have to let me know when she needs to go

potty?

I currently use diapers when we are leaving the house and for sleep times.

I have both panties and diapers in the bathroom so that I can put fresh panties on her after she wets her pants and a diaper on her when we are getting ready for bed or a nap.

### Extra Sets of Clothes

*What to do:* If you are using underwear instead of pull-ups or diapers, keep a fresh set of your child's clothes in the bathroom to use after an accident.

*What I do:* I try to always have at least a pair of my daughter's pants somewhere in the bathroom. I also put a pair of jammies in the bathroom in the evenings so I can change her into them after she goes potty before bedtime.

### Baby Wipes and/or Bottle of Water

*What to do:* Keep a package of wipes or a full water bottle somewhere you can easily reach while crouching next to your child sitting on the toilet. This is for when your toddler poops in the potty and needs her bottom and bum thoroughly cleaned.

The reason these *must* be within arm's reach is because you never know when your child might unexpectedly start pooping, and you have to act fast to get him on the potty. Unable to take the time to put the little potty seat on the toilet, you will be stranded as you hold your munchkin so that he doesn't fall into the toilet. Yes, I have learned this from experience.

*What I do:* I currently keep a package of baby wipes on the towel rack that is on the wall beside our toilet. This way, I can easily reach it, but it's too high up for my daughter to be able to snatch it and drag it off somewhere.

## Step Stool

*What to do:* Put a stool in the bathroom that your child can use to reach the faucet in order to wash his hands. This will also come in handy at some point for practicing climbing onto the potty by himself.

*What I do:* I currently hold my daughter while she washes her hands because she is petite and our vanity is tall. However, the potty chair I have folds down to become a step stool which will be useful once my daughter is taller and capable of going potty and washing her hands with less assistance.

## Books & Toys

*What to do:* Bring a book or some toys to the bathroom to use as entertainment to distract your child from being "all done" on the potty 5 seconds after she sits down. When you're first starting out, you ideally want her to stay on the potty as long as it takes for her to accidentally pee while she's sitting there. Eventually, after she pees on the potty and sees how excited you are and gets rewarded for it, she will begin to practice purposefully peeing in the potty.

But this will probably only happen if she can do something fun while sitting on the potty.

*What I do:* I usually let my daughter bring whatever she's playing with into the

bathroom to continue playing while she goes potty, but I also make sure to always have some toys already in the bathroom.

Sometimes I lure her into the bathroom with one of her favourite books.

Occasionally, when she is really resistant to coming into the bathroom or sitting on the potty, I let her have a small snack while she goes potty.

### Reward Treats/Stickers/Toys

*What to do:* Stock up on special treats, fun stickers and small "prizes" to use as rewards for when your toddler pees or poops in the potty. Make the reward for peeing in the potty motivating, but keep it small since it will become a very common occurrence as your child gets the hang of it. Some people use stickers or m&ms.

Have something extra special on hand to award as a prize for pooping in the potty.

*What I do:* When my daughter pees in the potty, she gets to choose between picking out a sticker or eating a couple of pretzels (a rare treat for her). When she poops in the potty, she gets an extra special prize. She currently loves Daniel Tiger, so I have been giving her a new Daniel Tiger book whenever she poops in the potty.

As time goes on and she gets more used to going potty like a big girl, I will decrease and eventually eliminate the rewards. But for now, a little reward goes a long way toward success.

I hope you found this guide helpful as you prepare for potty training, Mama. I wish you the best of luck in your potty training adventure!