

## I CAN USE THE POTTY!

### Taking care of his own toileting needs helps your child:

- Become independent
- Take control of his needs
- Build self-confidence

### Ideas to try with your child:

- Buy a small potty or a potty insert for the regular toilet. Have a step stool nearby to help your child reach the toilet and sink. After potty say, “Now let’s wash our hands.”
- Celebrate every success. Give a hug and say, “I’m so proud of you!” Use rewards such as stickers or a happy face chart to celebrate progress. See this link for a ready made chart and celebration ideas: <http://www.pull-ups.com/activities/big-kid-beginnings>
- Read a book to encourage him to use the potty, such as *Once Upon a Potty* by Alona Frankel; *Everyone Poops* by Taro Gomi; or *Dinosaur vs. the Potty* by Bob Shea.

### If your child is struggling:

- If your child starts out fine but then has setbacks, don’t worry! It’s okay for the potty chair to go back into the closet for a few weeks and then try again after the break.
- Remind your child to use the restroom frequently to prevent accidents and get him in the habit.
- Sometimes accidents happen! Say, “That’s okay” and put on some fresh underwear.

### Going further:

- When your son is ready to start peeing standing up, have “target practice.” Show him how to stand so that he can aim his urine stream in the toilet. Use cheerios in the potty as a target so there is something to aim at.
- Have your child explain the potty routine to a teddy bear or doll. Practice pulling down the doll’s pants, sitting on the potty, and “washing” hands.
- For more toilet training tips and signs to know if your child is ready, try <http://www.zerotothree.org/child-development/early-development/all-about-potty-training.html>



The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children’s best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children Ages 3-4 years** that parents can help improve at home.

Adapted from *WA State Early Learning and Development Guidelines, 2012: “Growing Up Healthy,”* Ages-3-4 years, pg. 61.