

Getting Ready to Potty Train

Toilet training can be a great learning experience for both you and your child. Some signs to look for is your children waking up from a nap and they are dry, do they sleep through the night or begin to tell you that they soiled or wet and want to be changed right away! These are definite signs that your child is beginning to control their bladder. At this time introduce your child to a potty seat or an adult size toilet with a potty seat on top. Make sure that your child has steps or access to the adult size toilet. Start putting your child on the potty every hour and then every two once they begin to get use to the routines. You also want to give your child easy access clothing such as jogging pants or clothes with an elastic band. This will be less frustrating for them. Once your child begins to go do not reward them with tangible items such as candy, food, or toys. This will only reinforce that they will get a prize every time they go. Instead make a big deal out of them going and use positive praise. This is the best reward you can give them. Take your child to buy underwear, let them be part of the process. Slowly introduce underwear and start to reduce diapers. Your child is going to have accidents and this is ok, Remember every child develops at their pace. A patient is the key. Be consistent and happy training. For more tips like these please visit us at WWW.Childrensworkshop.com