Potty Time

Pre-reading

Questions: What does it mean to “potty train”?

What are some effective potty training techniques?

Definitions: Urinate – to pass urine or pee from the body

Bowel movement – to pass feces (poop) out of the body

Reading

Potty training, or toilet training, is when a child is taught to use the potty or toilet on her own. A child who is potty trained will be able to use the bathroom by herself for both urinating and to have a bowel movement. Both types of training can be done at the same time. If a child is ready, she should be able to be potty trained in 1 to 3 months. However, night time control usually takes much longer than day time training.

It is important to wait to begin potty training until a child is ready. There are things that can be done to help prepare kids for potty training. The age kids are ready will vary, but it is commonly between 2 and 3 years of age. Here is a list of things that can help get children ready for potty training:

- Teach the words for potty training – pee, poop, potty
- Let them know that everyone pees and poops
- Make the child aware of when she pees or poops and have her tell an adult
- Never refer to poop as yucky and make diaper changing fun
- Teach what the toilet and/or potty seat is for and let him sit on it for fun
- Read books and watch videos about toilet training
- Let the child choose some new underwear and keep them until she is ready to wear them

Once a child seems ready to use the potty, she should sit on the potty to practice. She can try to pee or poop if she wishes. After naps and meals or when a diaper has been dry for a while is a good time to try using the potty. The child should sit for as long as she desires, but should never be forced to stay on the potty. When they do have success, praise and rewards should be given. Treats or prizes often work well for incentives.

After a child has used the potty about 10 times, she is ready for underwear. It is normal for her to have accidents while she is training. When this happens, parents should not get upset or punish the child. The child should be changed and told that it is okay. Diapers should still be used for naps, bedtime and travel away from home.

If potty training is not going well, parents should talk to the child’s doctor. There is no need to be concerned until the child is over the age of 3. Some children are not ready as early as others, and it takes some kids longer to learn. The main thing is for parents to be positive about the process.

Source: Your Child’s Health written by B.D. Schmitt, M.D.
Understanding

1. What does the word prepare mean in this reading? _______________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________

2. What are some things parents should avoid when potting train their child? (List at least three.) _____
   __________________________________________________________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________

3. When should diapers be used? Why? __________________________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________

4. What does the word incentive mean in this reading and what are some examples? ______________
   __________________________________________________________________________________
   __________________________________________________________________________________

5. How can incentives be used in potty training? ______________________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________

6. When are good times to practice on the potty? _____________________________________________
   __________________________________________________________________________________
   __________________________________________________________________________________

7. Why do you think kids should not be trained until they are ready? ____________________________
   __________________________________________________________________________________
   __________________________________________________________________________________

8. Whose attitude is most important in the potty training process? _____________________________
   __________________________________________________________________________________
   __________________________________________________________________________________

Writing

Option A: Summarize the reading in your own words.

Option B: Write about any of your potty training experiences. What worked and what didn’t work?
   __________________________________________________________________________________
   __________________________________________________________________________________