

# Welcome To

## POTTY TRAINING TIPS FOR THE PRESCHOOL TEACHER



A Training for TCAP

Head Start Staff

By Lisa C Garvin, School  
Psychologist

# Goals...

- To Review Readiness/Development
- To Discuss Common Problems and Possible Solutions
- To Provide Tips for Parents

# Some Initial Thoughts....

- If a child enters preschool and is not trained, keep a log/diary for a few days to look for patterns.
- Consult with the family and decide which words to use.
- Routine is important. Using a timer or clock may be helpful.

# Some Initial Thoughts....

- Every child is an individual. What works for one may not work for another!
- Must consider the developmental level of each child and plan toilet training techniques accordingly.

# AREAS OF READINESS

**Motor**

**Cognitive**

**Language**

**Toileting Skills**

# AREAS OF READINESS

## Motor

- Able to squat without losing his/her balance
- Able to dress/undress his/her self with limited help

# AREAS OF READINESS

## Cognitive

- Demonstrates imitative behaviors
- Plays make believe
- Able to sit down or play quietly for about 5 minutes

# AREAS OF READINESS

## Language

- Able to understand simple requests
- Able to show his/her needs using words, signs or gestures
- Can name urine and bowel movements



# **AREAS OF READINESS**

## **Toileting Skills**

- Able to stay dry for at least an hour or two
- Awareness of what the toilet is for
- Aware of being wet or soiled with consistent bowel movements
- Not currently experiencing a stressful situation

# Common Problems & Solutions

- Resistance
- Refusal
- Won't have a BM on the potty
- Was trained but has regressed



# Resistance

## **Some Reasons Why Children Resist**

Too many reminders

Too many lectures

Forced to sit on the toilet against their  
will

Punishment

# Resistance

## **INVESTIGATE...**

- Confusion
- Anxiety/Fear
- Control – Independence Issues
- Too much pressure
- Physical Pain

# Refusal to Use the Toilet

## WHY?

Possible Reason...

It is big...cold

Makes loud noises

Things disappear in it never to be  
seen again

# Refusal to Use the Toilet

## HOW TO HELP?

1. Need to increase their comfort level.
2. Reassure them that is what is supposed to happen.

# Says, "NO!"

**WHY?**

Possible Reason...

May be discovering that "NO" is a way to exert power.

Control and independence issues

# Says, "NO!"

## **HOW TO HELP?**

1. Talk to the Parents...
2. Resist Reminding
3. Don't Hover
4. Be Calm About Accidents
5. Reward Good Behavior



# Won't Have a BM on the Potty

- Very common problem
- Fearful of making a mess
- Observe and Log
- Use a pull up/diaper
- Watch for constipation
- Talk about body functions

# Was Trained...Has Regressed

- Even small changes
- Be careful not to push
- Find ways to reinforce his/her independence

# More Suggestions

- Establish a reward or incentive for using the potty.
- Have the child involved with changing themselves
- May need visual references along with verbal directions for the step by step process
- Establish a specific routine for children that have many accidents

# Some Specific Incentives

- Inexpensive trinkets wrapped like presents
- Stickers/Stamps
- Tickets to redeem for rewards
- Printable coloring pages
- Activities
- Legos

# Helpful Strategies for Parents

If they are having trouble...

- Books and videos
- Siblings
- Monitor fluid intake
- Use easy to remove clothing
- Share what works at school
- Reminders to remain calm and positive

# More Advice for Parents

- Expect accidents
- Do not blame or threaten the child
- Explain expectations (“Next time ask for help”)
- Do not insist the child stay on the toilet more than a few minutes
- Create a routine with the parent

# Books / Resources

- Your New Potty by Joanne Cole
- Oh Oh! Gotta Go! By Bob Mc Grath
- The Princess and the Potty by Wendy Cheyette Lewison
- When You've Got to Go! by Mitchell Kriegman
- The Potty Book for Boys/Girls by Alyssa Satin Capucill
- Potty Time by Guido van Genechten
- All By Myself by Anna Grossnickle Hines
- Once Upon a Potty by Alona Frankel
- Everyone Poops by Taro Gomi
- A Potty for Me!: A Lift-the-Flap Instruction Manual by Karen Katz

**QUESTIONS?**

**COMMENTS?**