

Potty Training Suggestions

By Heidi Santiago

WHEN CAN I START POTTY TRAINING?

National Pediatrics Association recommends the child be two years of age before starting potty training. Every expert recommends the importance of regular intervals for potty training success, which is why the wee-Minder™ system is so successful.

This remarkable potty training system offers to parents the vital tools necessary for children to begin to master the physical skill of potty training. This skill is mastered from lots of practice. As with all skills, children will make mistakes in the beginning, but improve with practice.



START EARLY

I recommend introducing the wee-Minder™ video and book early (15-18 months). I also think children should be introduced to the Potty Place early and if at all possible have their diaper changed in there. Talk about the potty process and begin using voice cues early on. This means, pick words you will use to always describe peeing and pooping. For example, pee-pee and poo-poo. If your child goes to daycare, ask them what word clues they use and it will help your child's potty training success if you use the same voice cues.

When you start to see signs that your child is ready, make sure everything is going for you. I recommend you purchase a cushioned potty seat, a step stool for climbing onto the toilet and reaching the sink for washing, the wee-Minder™ DVD, book and device and you'll need a lot of juice. Visit [weeminder.com](#) for helpful supplies.

POTTY ANIMAL TRACKING CHART

Become a patient observer of your child and notice their biological process (if they have regular bowel movements each day, etc.). Potty training them to poop is most likely the first and easiest step because they can feel when it is coming and they have time to get to the Potty Place. Try to program the wee-Minder™ when you think they normally go during the day in their diaper. A print chart is available on line.

When tackling pee-pee training, I recommend getting rid of the diapers and using big kid undies, so they can begin to feel when they are wet or wetting.

ARE THERE BAD TIMES TO POTTY TRAIN?

Yes! I believe that early introduction of potty training is important, but the child must be physically and behaviorally ready. It is so important not to push, control, or discipline. Please wait until your child is ready and you are ready to consistently train them. DO NOT begin training during a change in their life:

1. starting daycare
2. moving
3. divorce
4. new baby

However, remember to plan early because I think some parents wait too long to start potty training because it is easy to put it off and that makes Potty Training even more difficult! Luckily, we have the wee-Minder™ to help us now!

PLAN A FOCUSED POTTY TRAINING PARTY WEEKEND

After you have charted the child's potty schedule for about a week, and you feel they are ready, schedule at least three days with NO distractions to potty train. Make sure the potty is in easy access, they wear easy to pull on and off clothing, and free up your schedule so you can devote all your time to potty training. The wee- Minder™ will ease your mind, but it is no way a replacement for you. The child needs your smile, your positive words, and hugs.

When I know everything is going for us and we have had some successful attempts, I set the wee- Minder™ to go off every hour, supply lots of liquids, put on the Potty Animal Big Kid undies, and then let the wee- Minder™ work its magic.

Make sure you have the wee- Minder™ book and dolls by the potty to keep them occupied so they will sit on the potty for a while, but not too long/ During this focused training, really emphasis staying dry like Wally and Wiley and not wet, dirty and scratchy like Warthog. Yucky! Everyone in our family role-plays and shows the Potty Animal how to stay dry. Do NOT expect them to go potty every time, actually you want accidents so they can learn from them. When they do hear pee pee or poo poo (they love to listen for it), celebrate BIG!!!

If I pressure the Potty Animal to hop, they will fight it. Wally and the wee- Minder™ gang make it a fun game and since I follow right after excited and happy, they never fight it or shy away from the pressure because there is none; giving them total sense of control. Remember that different individuals learn at different rates just like learning to speak or walk. Begin early, have consistency and know they may stumble and fall like every new skill, but over time they will succeed.

STAY POSITIVE

If the child feels controlled, pressured, or stress they may have residual manifestations, or other fears. I cannot reiterate enough how important it is to not push or lecture the child. Allow them their own rhythm or your child may discover the power they have and hold back just to soil themselves minutes later. Furthermore, they may subconsciously remind you that they are feeling pressure to grow up too quickly by demanding to soil themselves only to show they are still young like a baby, or develop encoprysis, or use their control as a tool of rebellion. So don't force or show any signs of impatience or frustration! "Put a big smile on your face and hop, hop, hop to the Potty Place!" I really cannot emphasize this strongly enough. I would not spank for accidents or yell.

Always give positive feedback. Sing the "Hip-hip-hooray..." cheer with them often. Jump up and down with them, saying, "Good job mate! I'm so proud of you!" Smile and celebrate BIG. Have potty parties and make it unique and special for your child. If they like dinosaurs, place their favorite stuffed animal at the table with them during the party. If they have a super hero, have someone call them on the phone pretending to be their super hero and congratulate them, etc. Visit to hear a character from the wee- Minder™ gang congratulate encourage your Potty Animal.

The rewards are numerous:

1. a happy and independent big kid with great self-esteem
2. thousands of dollars saved from going down the drain
3. better hygiene
4. less waste in our landfills from unneeded diaper use

RELAX

Potty training can be presented as a game. Teach them different parts and functions of the body. Don't subject to outside pressure. I know many of you are stressed because you need to get them potty trained soon for a daycare or preschool or you are stressed about how expensive diapers cost, but don't show your child your stress. You have the wee- Minder™ to help walk you through the whole process or give back the control to the child positively if they are rebelling against the whole process. Believe me I know how difficult, frustrating and stressful this time is. I will never forget the smell and frustration I felt potty training my children: the poop stained carpet, clothes, soaked sheets, poopy fingers and piled high laundry. That's why I thought of the wee- Minder™. It will do all your worrying for you. Smile and make it fun and exciting for your child and you will see results in no time.

POTTY TRAINING AT NIGHT

Some experts suggest potty training at night the same time as daytime potty training. Some people do it after a few months of daytime success. I think it depends on the child. My youngest son took longer, but when my daughter started she threw all of the diapers away and we celebrated how BIG she is getting. However, you may not feel your Potty Animal is ready for it all at once, so feel assured that success will come with the wee- Minder™ system. Remember I created the wee- Minder™ when my bonus (step) daughter was, let's just say, much older than two years old. I think it will save the parent in the long run if they can start earlier, but with the wee- Minder™ it's really dependent upon your situation.

THE wee- MINDER AT NIGHT:

1. Stop fluids two-three hours before child's bedtime.
2. Hop to the Potty Place right before child goes to sleep
3. Set wee- Minder™ to sing right before parent goes to bed (1 or 2 hours).
4. Hop to the Potty Place with child. Change them, if needed.
5. Set wee- Minder™ to sing an hour before Potty Animal wakes up
6. Hop to the Potty Place with child and Congratulate!!!!

After the long focused Potty Training weekend, you can allow the BIG Potty Animal to hop on their own. I always put dry undies by the bed in case of any accidents.

POTTY TRAINING OUTSIDE OF THE HOME

Going out is not recommended until after you find success with the focused potty training. When you feel ready, plan ahead. I would plan short trips and make a game of packing the child's special backpack with their favorite toys and a change of clothes. The key to success outside of the home is to always find and use the bathroom first thing always setting the wee- Minder™! Do not ever be embarrassed by it, show pride and excitement.

3 C's: CONSISTENCY, COMMITMENT, AND CHOICES

Remember the more practice the quicker the skill will be mastered; consistency is the key to learning. You are so lucky you have the wee- Minder™ to help you. It will save you so much time, effort, and headaches. Probably more than you will ever know unless you have had to potty train without it!

In my experience most of the parents who struggle do not use the 3 C's. I know how hard it is, but it will really pay off in the end. I really recommend setting time aside to give attention to potty training and stop what you are doing to hop to the Potty Place and/or take care of accidents. You will find yourself thinking, 'I will do it next time, or looking the other way this time won't matter....' Believe me....do it now and you will not be struggling for many years down the road. It is a hidden secret...it is believed that one out of five children struggle with wetting themselves until age thirteen!!!! Be consistent and commit now or pay dearly down the road.



IT'S ALL ABOUT CHOICES!

If someone asked me to give them advice on raising children successfully using only one word, I would say, "CHOICES" Almost every sentence out of my mouth as a teacher and parent is some sort of choice for the child to make.

- Would you like to try to put pee in the little potty or big potty?
- Would you like to hop fast to the potty or slow?
- Would you like to wash you hands with warm water or cold water?
- Would you like to read a book or look at a book?
- If you put pee or poo in the Potty, you get to go play.

At first it takes practice to think that way, but it works! Notice that all of the choices are positive and not threats, for example: Do you want to hop to the Potty Place or get a spanking? If you don't hop to the Potty Place, you don't get a treat.

However, remember that just as different kids learn to talk and walk at different stages your child may master potty training sooner or later. Keep it up. If your child is still having problems after 5 years of age with girls and 6 years of age with boys, seek guidance from a pediatrician and/or child psychologist.

