

Have Parenting Questions?

GET ANSWERS.

Sanford Parenting Services

(605) 328-7155

mutchwomenscenter@sanfordhealth.org

MUTCH WOMEN'S CENTER
FOR HEALTH ENRICHMENT
5019 S. Western Ave., Suite 200
Sioux Falls, SD 57108
(605) 328-7155

SANFORD
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Parenting services

Sanford Children's Parenting Services offers a variety of services and resources to get answers to your everyday parenting questions.

CAR SEAT EDUCATION AND INSPECTIONS

Is your child riding safe in the car? Get individual car seat education and inspections to keep kids riding safe in the car. Located at CHILD Services, 1115 W. 41st St., Sioux Falls.

FAMILY AND FRIENDS CPR

You hope you never have to use it; but knowing CPR is one of the most important things you can learn for your family. This class is not designed for participants who must obtain a credential for CPR course attendance.

SANFORD CHILDREN'S SAFETY CENTER

Keep your home safe. Stop by our Safety Center; a convenient one stop shop for safety items and education. Located at CHILD Services, 1115 W. 41st St., Sioux Falls.

PARENTING COACHING

Whining, not listening, biting—sound familiar to you? Individual sessions to help you deal with everyday parenting challenges. Parenting Coaching is conveniently available by phone or office visit.

PARENTING ESOURCE

A parenting email club to receive eClasses, eNews and eNotices such as safety recalls to help you balance life and raise your family. Go to sanfordhealth.org, keyword: Parenting eSource to sign up.

EVERYDAY PARENTING CLASSES

Get answers to common parenting questions.

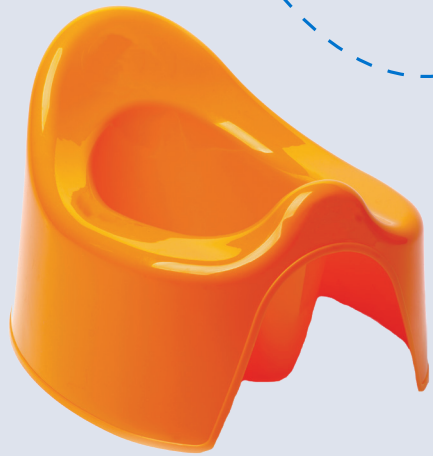
TOILET TRAINING

Learning To Use The Toilet



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& Parenting
YOUR PARTNER THROUGHOUT PARENTHOOD

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Is it Potty Time at Your Home?

Toilet training is often high on the list of priorities that parents have for children around two years old. But it may not be high on the child's priority list. Even though the adult may be anxious to start, a child will become toilet trained when the child is ready.

When children actually become toilet trained varies. Most children start to show an interest between 18 and 24 months. In general, boys start later and take longer to learn to use the potty than girls. There is no "right" age to start toilet training just as there is not one "right" way to toilet train a child.

It is important to not start the process too soon as this may actually cause the toilet training process to take longer. Starting before a child is ready can also lead to both of you becoming upset and frustrated, which can also delay toilet training success.

The key to toilet training is for both you and the child to be ready.

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ARE YOU READY?

Consider the following questions:

- Are you ready to devote at least three months of providing daily encouragement? Toilet training often takes three to six months to accomplish.
- Do you have the time? Children use the toilet more frequently than adults, often up to ten times a day. Plan for frequent trips to the toilet.
- Are you ready to be consistent? Consistency sends a clear message of expectations. Having your child attempt to use the toilet or wear training pants helps develop toilet training skills.
- Are other things going on at home? Don't start when there are other stressors in the home such as moving, a new baby, a family illness, etc.

Don't feel pressured by others as to when to start toilet training. Many parents of past generations started potty training much sooner than parents do today. Let your child be the guide as to when to start.

IS YOUR CHILD READY?

An essential ingredient to toilet training success is the child's desire to learn. When your child is ready to start toilet training your child likely:

- Is dry for about two hours at a time
- Shows an interest in using the potty or wearing underpants
- Knows the difference between wet and dry
- Can pull pants or training pants up and down
- Can tell you when she is about to have a bowel movement
- Understands words used in the toileting process
- Can verbally express a need to go potty
- Physically can get on and off of the potty chair

Just like learning to walk and talk, using the toilet will happen when the child is ready; you can't rush toilet training.

TIPS FOR TOILET TRAINING SUCCESS:

- Pick a potty chair; these are easier for a small child to use because he can easily get on and off the chair by himself.
- If you use a child-size seat attached to an adult toilet, provide a stepstool to support the feet so your child can push down during bowel movements.
- If you notice the signs that your child needs to use the potty, take your child to the potty. Talk to your child about using the potty as you make the trip and sit on the potty.
- Dress your child in easy-to remove pants.
- Establish a daily routine; place your child on the potty every one to two hours.
- Be encouraging of the small steps to success; such as your child telling you, "I have to go potty" even after a wet diaper has occurred.
- Provide a relaxed environment by reading or singing songs while your child is on the potty.
- Be prepared for accidents. It may take weeks, even months, before toilet training is completed. If an accident occurs, don't scold your child. Simply say, "Oops. You had an accident. That's okay. Let's clean up and try again later."
- Just because your child is potty trained during the day does not mean your child will not wet during the night. Have your child wear pull-ups to bed until he can successfully and consistently make it through the night without wetting.

If you have concerns about your child's development, including toilet training, consult your child's physician.