



Early Childhood Mental Health

May Newsletter

Potty Training

As the mother of a toddler girl, lately I have been thinking a lot about potty training. So many questions come to my mind: when is the right time? How do I start? What do I need to buy?

Potty training is a big step for both you and your child, but it is not an exact science. You need to remember that physical and emotional readiness is the key, as well as patience and consistency from you and your child's caregivers.



Children are ready at different ages. Some children start showing interest in potty training by 2 years old and some children take longer. As a parent, your job is to look for signs like interest in the potty chair or toilet, complaints about wet or dirty diapers, and if your child can tell you through words, facial expression or body posture that he or she needs to go.

Your child also needs to have certain skills to be able to use the potty such as following directions, undressing and dressing on their own and being able to sit on the potty, get up from the potty, and washing hands.

In potty training, timing makes all the difference. When your child is ready to do it, it will be easier and you will avoid a lot of frustration. Also, if your child is experiencing a big change in his or her life like the birth of a new sibling, or moving to a new place, the best thing is to wait until after the change happens to begin potty training.

Enjoy the journey! It is a big milestone for you and your little one.

Frequently Asked Questions

How do I prepare for potty training?

One of the ways you can prepare is by getting a potty chair or an insert that fits on the toilet. Many children feel more secure sitting on the potty chair first, but if you can and want, you can try both and see what your toddler prefers. Also, you can get some books and videos about potty training - visuals are helpful.

How can I teach my child?

Let your child sit on the potty chair with or without clothes on, and dress your child with easy on/off pants, shorts, or skirts. If possible allow your toddler to spend some time diaper-free. Sit close to your child while he or she is trying at the potty or toilet.

How can I support my child?

Give your child lots of praise. Some parents reward their children with sticker charts, and others plan special outings to the park or a special place their child likes. If your child has an accident, do not get angry. If your child is bothered by the sound of the flushing toilet, do not force him or her to do, wait till the child leaves the bathroom to flush it.

Behavioral & Educational Solutions, P.C.

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Book of the Month

Read to your child! Kids love hearing their parents read books. You don't have to read the exact words. Sometimes it's fun to ask your child questions about the pictures instead.

© [A Potty for Me!](#) by Karen Katz

Songs of the Month

Ask your child to sing with you! Even young children like to "sing along" with their parents. If you don't know what song to sing, here are some ideas:

- © Head, Shoulders, Knees and Toes
- © If You're Happy and You Know It



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We are dedicated to delivering multi-disciplinary, culturally sensitive, systems focused on developmentally appropriate services. At Behavioral & Educational Solutions, P.C. (BES) we believe that children do not grow-up within vacuums; hence, our services are driven by the goal of establishing strong, collaborative, engaged relationships between the family, school, and other systems.

Behavioral & Educational Solutions, P.C., is an allied health/related services support company serving DC and Montgomery County. We are a fully bilingual (English/Spanish) company.



Meet Us!

Our mental health consultants have over 20 years of combined experience helping families and teachers of young children. We are available to meet with parents, observe children, and help teachers support healthy social-emotional development.

Each daycare center has its own mental health consultant. Look here to find the contact person for your child!



Andrea Howard

Centers:

- H.D. Woodson HS
- Azeeze Bates
- C.W. Harris
- Paradise



Angelina Nortey

Centers:

- Atlantic Gardens
- Frederick Douglas
- Ballou HS
- Anacostia HS
- Luke C. Moore HS
- Dunbar HS



Mawule Sevon

Centers:

- Educare
- Rosemount



Cindy Cruz

Centers:

- Edgewood
- Roosevelt
- UPO Home Visitors