

# 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

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

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

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

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

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

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

1. What does the word **prepare** mean in this reading? \_\_\_\_\_  
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2. What are some things parents should avoid when potty training their child? (List at least three.) \_\_\_\_\_  
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3. When should diapers be used? Why? \_\_\_\_\_  
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4. What does the word **incentive** mean in this reading and what are some examples? \_\_\_\_\_  
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5. How can incentives be used in potty training? \_\_\_\_\_  
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6. When are good times to practice on the potty? \_\_\_\_\_  
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7. Why do you think kids should not be trained until they are ready? \_\_\_\_\_  
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8. Whose attitude is most important in the potty training process? \_\_\_\_\_  
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## 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?

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