

POTTY POWER

MODULE 3.1

*When You Should
Hold OFF on
Potty Training*



Before we get into these signs though, I want to share with you **a few signs that YOU as the parent should HOLD OFF on potty training.**

-One of the BIGGEST and most important issues I tend to see happen are parents who attempt potty training when their child has a medical problem going on, such as a gastrointestinal matter or digestive concern, especially if they're severe.





Gastrointestinal symptoms such as diarrhea, painful constipation and even abdominal pain to name a few.

If your child is experiencing such symptoms or any GI related symptoms, please be sure to see your Doctor before proceeding.



-Your child is HIGHLY sensitive to the bathroom.

-When our child has sensory issues or is particularly sensitive to loud noises, the bathroom can be a huge turn off.

Focus on desensitizing the bathroom FIRST

We want to build a positive experience for the bathroom environment.

Oftentimes, parents come to me when they've tried (and failed) many times before, and their child is now older and even walking through the bathroom door creates a tantrum, lash out and negative reaction.



We want to minimize this reaction while building up a positive one.

I call this the “**potty powwow**”!





Potty Powwow: A party in the bathroom.

Bringing your child's favorite toys in there and play with them.

Allow your child to play with electronics in there.

Have his or her favorite snack in there.

Bring their favorite stuffed animal or blanket.

Nothing off limits and everything your child likes in there.

Have a powwow and enjoy doing things in there outside of actually going to the bathroom!

Next up we'll talk about the SIGNS
We are ready to Potty Train!