



READY. SET. GO POTTY! Bootcamp

Cheerleading Developmentally Ready
Children Through Potty Training in an Extended Weekend!

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GET READY

PURCHASE A BASIC ON THE FLOOR POTTY CHAIR

Evaluating the CHILD'S Readiness for Success

1. Watch for **Window One (Age 2-2.6)**
 - a. That includes potty curiosity and some skill, and then disinterest. At this point be ready to tolerate a return to diapers/pull ups unless the child initiates potty motivation. Avoid time training or reinforcers
2. Wait for **Window Two (Age 2.8-3.0)**
 - a. Which includes disinterest and the following skills including more than one day in window one.
 - i. Correct potty terminology and correct seated position
 - ii. Motor and control skills for 4 hours
 - iii. Knowledge of the concepts; wet/dry, up/down, full/empty.
 - iv. Awareness of the potty-training process
 - v. No significant motor delay (Including Sensory, Oral, Gross Fine Sensory Dysregulation) or existing constipation
 - vi. Be prepared: **Never teach a little boy to pee standing up until he has pooped sitting down ten times.**

Evaluating the PARENT'S Readiness for Success

Readiness to:

- Give up the intimacy of diapering.
- Hand over control to the child
- Commit to a three-day weekend.
- Cheerlead rather than direct.
- Give up big boy big girl language.

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GET SET

The Preparation

PRIOR TO THE POTTY-TRAINING WEEKEND

1

ONE MONTH PRIOR

- **STOP** talking about the potty so that child has an opportunity to prepare for the “magic” of the weekend.

1

ONE WEEK PRIOR

- Alert child to a party and fun coming in seven days (**Calendar Countdown!**)
- Bring out potty books, YouTube potty videos and re- introduce the on-the-floor-potty chair.
- Overview what will happen on the “**Hello Potty Party**” weekend

3

THREE DAYS PRIOR

- Make trip to grocery store with the child for multiple and creative liquids and baking projects.
- Parent trip to the library for books, and activities. Limit the potty YouTube sentence.
- Toy store trip for parents. Purchase mind-stretching activities that are new to the child that will be used as transition activities-not bribes or reinforcers.

1

ONE NIGHT BEFORE

- Review the “**Hello Potty Party**” occurring that night or the next morning as well as the plan for the next three days:
 - Naked from the waist down
 - Many liquids
 - Lots of potty practice
 - Fun with parents at home
 - Diapers at night and at naps



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IT IS ALL IN THE POSITIONING

The Perfect Position and Fun Activities



ON THE FLOOR POTTY WITH HANDLES

✓ YES



“C” POSITION

✗ NO



“L” POSITION

Push/ Blow Activities

- Pinwheel
- Kazoo
- Bubbles
- Harmonica
- Party blower
- Blow me over

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GO POTTY!

Day #1



1. Get child out of bed at first sign of morning waking.
2. Remove diaper:
 - a. Ask if child would like to use the potty.
 - b. Place child in a long tee shirt /dress with nothing underneath.
3. **PREPARE FOR PARTY!**
 - a. On the floor potty can be in the kitchen for the morning of day one and once success is evident, return to the most logical bathroom
4. Sing your variation of “**Hello Potty**” and blow out candles.
5. Offer liquids constantly.
6. Set timer for 30 - 60 minutes – prepare to do this throughout day one and two.
7. Hop, skip, jump and challenge at each potty break
8. 3 minutes of push blow practice at each timer alert **with the correct body position**
9. Remain on linoleum or tile for the morning on this first day.
10. Observe accidents with celebration and information.
11. **Keep track** of attempts, successes, and “misses.”
12. Diaper on for nap and off after nap
13. **Have fun!**
14. Reconsider a child’s readiness if success is less than 50% by the end of the day.

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Day #2

1. REPEAT DAY ONE

- a. Minus the party but with **lots** of liquid all day.
2. After nap, tell child he/she is responsible for remembering to go potty all afternoon and evening without the timer.
3. **Continue naked from the waist down** –expect several accidents- then successes.
 - a. Success equals 70% by bedtime.
 - b. If success is less than 50%, consider ending the weekend and revisiting this skill in 8 weeks

Day #3

1. Continue as day one and two through the first two urine or bowel successes of the day.
2. By 10 am remind the child that he/she is responsible for getting to the bathroom without reminders
 - a. (Day two - pm) no timers or reminders until nap.
3. Success should be at least 80% after the first accident.
4. After nap and one urine success, have the child pull on underwear for the remainder of the day.
5. Use the timer for one urine success
 - a. Then tell the child **he/she will be responsible for getting to the bathroom independently in underwear and without reminders.**

Success should be

80%

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WHAT ABOUT THAT POOP?

Take the **“READY. SET. GO POTTY!”** Oath

1. Poop should occur in potty over first three days, or in diaper at nap/overnight.
2. Child may request diaper for poop - **do not give in!** and encourage push blow practice.
3. If child experiences **withholding beyond day two or at any point that withholding causes parent concern** - contact pediatrician
4. If poop only occurs with diaper - consider temporary night training if child is ready

PRACTICE MAKES PERFECT

Day #4

1. SCHOOL DAY:

- a. Minimal liquids, no diaper, bathroom run before school and with parent upon arrival at school.
- b. Ask staff to do a bathroom run hourly for the next week.
- c. Upon arrival home, the child is once again naked from the waist down with no extra reminders.
- d. Child remain pantless whenever at home for the next week to support generalization of potty skills.

2. HOME DAY:

- a. Typical liquid intake, several hours naked from the waist down- then take a field trip in underwear with no reminders except when logical (use the bathroom at the library).
- b. Once home, child remains naked from the waist down for afternoon/evening with no reminders.
- c. Child remains pantless whenever at home for the next week to support generalization of potty skills.
- d. Diapers for nap or bedtime.

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NIGHT TRAINING

1. **Typically occurs after age 3.5**, and often withing 6 months of daytime training.
 - a. Watch for dry diapers 4/7 nights three weeks in a row.
2. Nighttime diaper saturation is one indicator of readiness.
3. Reverse daytime process of potty training.
 - a. Cut off liquids at 6 pm
 - b. Multiple potty runs
 - c. Naked from the waist down for sleep with no waking the child up to go potty.
4. Chronic Constipation or family history of childhood enuresis may interfere with nighttime training.

WHEN AND WHY TO CALL IT QUITS

and try again in 8 weeks!

- When success is less than 50% on day one
- When success is less than 50% on day two
- When refusal and meltdown is over 80%
- When the child is obviously not alerting to the physical cues correlated with motor lags or constipation

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This outline serves as a potty learning model and does not include medical recommendations. Reach out to your physician for individual concerns.
Individual consultations are recommended for parents whose children may benefit from modifications with the above guidelines.