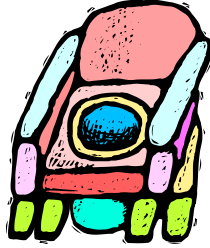


*Sally Neuberger LCSW-C
Counseling for parents and young children
Support around special needs, peer relationships and potty training
www.readysetgopotty.com/sally.neuberger@gmail.com*



READY SET GO POTTY
***Cheerleading developmentally ready
Multiples through potty training in a weekend!***

WHAT ABOUT MULTIPLES?

- Each child is unique: this may be one of the first developmental milestones where this becomes clear
- **Assume your children will not accomplish this task at the same time**
- Be prepared to describe to your children, individual differences that have already occurred
- Do not pretend that both children have the skill if they don't
- The value of a model for twin B
- Celebrate successes and successes to come!

GET READY:

1. Evaluating the child's readiness for success
 - A Watch for window one (age two-2.6) which includes enthusiasm for all things potty
 - B Wait for the window two (age 2.8-3.0) which includes no interest in potty training
 - C Correct potty terminology
 - D Motor and control skills for four hours
 - E Knowledge of the concepts; wet/dry, up/down, full/empty
 - F Awareness of the potty-training process including correct sitting
 - G OK to begin multiples at the same time but be prepared and prepare children for one to drop out
 - H And about those little boys...
2. Evaluating the parent's readiness for success
 - A. Readiness to give up the intimacy of diapering
 - B. Readiness to hand over control to the child
 - C. Readiness to commit to a three-day weekend
 - D. Readiness to cheerlead rather than direct
 - E. Readiness to eliminate Big Boy Big Girl Language-forever!

- F. Readiness to tolerate own emotion if one child is ready while the other is not. Children take our emotional lead.

GET SET:

3. The preparation:

- A. One month prior to the potty-training weekend, stop talking about the potty so that child has an opportunity to prepare for the “magic” of the weekend
- B. One week prior to the weekend- alert child to a party and fun coming in seven days- calendar countdown
- C. One week prior, pull out potty books and DVD’s and purchase an on-the-floor-potty chair with handles
- D. Three days prior make trip to grocery store with the child for multiple and creative liquids and baking projects
- E. Three days prior; Parent trip to the library for books, DVD’s, and activities
- F. Three days prior to the weekend; toy store trip for parent. Purchase mind-stretching activities that are new to the child.
- G. 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 mom and dad at home
 - diapers at night and at naps

The Perfect Position and fun activities

*On the floor potty with handles



**“C”/mountain position,

not “L” position

* Activities: Pinwheel, kazoo, bubbles, blow me over, silly words

GO POTTY! The good news about day one is that parents will know by the end of the morning but certainly by the end of day one whether a child should proceed to day two.

4. Day One

- A. Get child out of bed at first sign of morning waking
- B. Remove diaper: ask if child would like to use the potty. Place child in a long tee shirt /dress with nothing underneath.
- C. Prepare for party!
- D. Sing your variation of “hello potty” and blow out candles
- E. Offer liquids constantly
- F. Set timer for 30 minutes –prepare to do this throughout day one and two
- G. Hop, skip, jump and challenge at each potty break-
- H. 3 minutes of focus at each practice with the correct body position
- I. Remain on linoleum or tile for the morning on this first day
- J. Observe accidents with celebration and information
- K. Keep track of attempts, successes, and “misses”

- L. Diaper on for nap and off after nap
- M. Have fun!
- N. Reconsider child's readiness if success is less than 50% by the end of the day. With multiples: If day one was successful with one child but not the second you can choose to end the process with the less successful child or do one more morning to determine degree of readiness.

5. Day Two

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

6. Explaining to both children that their individual differences are emerging

- A. To the child displaying success: your body is ready to continue today two, your twin is going to be ready soon, but not today. We will have a fun day
- B. To the child experiencing less success. You worked hard yesterday. Your body is different than your sibling. Today will be a fun day for you. We will try this again for you in a few weeks.

7. Day three

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

PRACTICE MAKES PERFECT

8. Day Four: Stay Close to home for the next week! Provide opportunities to be bare bottomed without reminders so the process becomes independent

- A. School day: no liquids, no diaper, bathroom run before school and upon arrival. Ask staff to do a bathroom run hourly. Upon arrival home, child is once again naked from the waist down with no extra reminders.
- B. Home day: Typical liquid intake, several hours naked from the waist down- then underwear with no reminders except when logical. Naked from the waist down for afternoon/evening with no reminders
- C. Diapers for nap or bedtime

9: The next week: with multiples

- The child who is experiencing potty success may mimic the child who is not yet trained and regress. Remind that they have been successful, and their sibling will follow soon.

- The child who is not yet trained may use the trained peer as a model and gather additional skills.
- The child who is not yet trained may assume they never need to accomplish this skill- and they move forward developmentally without capturing potty skills. Wait a month and then do a potty weekend.

10. What about that Poop? Take the **READY SET GO POTTY Oath**

- A. Poop should occur in potty over first three days, or in diaper at nap/overnight.
- B. Child may request diaper for poop- **do not give in!**
- C. If child experiences withholding for more than three days- contact pediatrician
- D. If poop only occurs with diaper-consider night training if child is ready
- E. What the literature says about withholding!
- F. Steven Hodges with Susan Schlosberg: *It's No Accident: Breakthrough solutions to your child's wetting, constipation UTI's and other potty problems.* 2012

11. Night training

- A. Typically occurs after age 3.5,
- B. Nighttime diaper saturation is one indicator of readiness
- C. If dry for 4/7 nights X two weeks, ready for a night training trial.
- D. Reverse daytime process of potty training. Cut off liquids at 6 pm. multiple potty runs, naked from the waist down for sleep with no waking the child up to go potty.

12: 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

Disclaimer: Additional strategies, tools and developmental explanations are provided during workshops and individual consultations. The outline alone may be insufficient information for successful use of the READTSETGOPOTTY program.