

Potty Training Workshop for Caregivers

October 16th, 2025

Introductions

- Your name
- Your child's name
- Their classroom
- How you are feeling about potty training in one word

When to start potty training?

- Children show they are ready for potty training in different ways
 - Imitating others bathroom habits
 - Doing “the potty” dance
 - Your child can respond to “yes” or “no” questions
 - They can stay dry for 1-2 hours after nap
 - They are uncomfortable in soiled diaper
 - They are not experiencing other big changes

Cuando comenzar el entrenamiento para ir al baño?

- Las niñas suelen ser entrenadas antes que los niños
- Señales a tener en cuenta
- Imitar los hábitos de baño de otros
- Sostenerse
- Bailando el “baile del baño”
- Incapaz de concentrarse en la tarea en cuestión
- Su hijo sigue instrucciones simples, preguntas de sí o no
- Niño capaz de permanecer seco durante 1-2 horas, después de la siesta
- Se sienten incómodos con pañales sucios/mojados
- No experimentar grandes cambios

Potty training: A big milestone

- Potty training can be a difficult time!
- Consistency and patience are most important thing
- Accidents are normal and part of the process
 - Bring extra clothes
 - Use restroom before leaving somewhere
 - Using positive language “accidents happen- it’s okay!”

Entrenamiento para ir al baño: un gran hito

- Lo primero que debe hacer al comenzar el entrenamiento para ir al baño es recordar que este es un proceso por el que pasan todos los niños y los padres. Puede que a veces no sea fácil, pero la constancia y la paciencia ayudan a que el proceso avance.
- La paciencia con su hijo puede ser la diferencia entre una experiencia positiva o negativa.
- Recuerde que los accidentes SUCEDERÁN, así que prepárese para esos momentos; ropa extra, usar el baño antes de salir, lenguaje "los accidentes ocurren, ¡está bien!"

Have the right equipment/tools

- A child sized potty or toilet attachment
- Potty books may help spark your child's interest
- Model bathroom behaviors for your child
- Incorporate pull ups into their routine



Compre el equipo/herramientas adecuadas

- Invierta en un orinal del tamaño de un niño o en un accesorio para el inodoro
- Compre un libro sobre el orinal para atraer y despertar el interés de los niños
- Modelar comportamientos en el baño Panales de entrenamiento
- Panales de entremiento–Pull-ups



Create a routine

- Set your child on the potty once a day
 - After breakfast
 - Before bath
 - This helps your child get used to the potty as part of a daily routine
- Do not force the potty
 - Your child may simply not be ready just yet
 - Creating stress around the potty will lengthen the process in the long run



Crea una rutina

- Coloque al niño en el orinal completamente vestido una vez al día
 - Después del desayuno
 - Antes de un baño
- •Esto permitirá que el niño se sienta más cómodo con el orinal y lo acepte como una rutina diaria
 - No fuerces el orinal
 - No vuelva a entrenar y haga que ir al baño sea un momento estresante



When should I go to the bathroom?





potty dance



wake up



bedtime



before nap



after meals
and snacks



before leaving



before bath



before going
outside

Say goodbye to diapers

- Start on a weekend where you're able to spend some time at home
- Set the child on the potty seat without pants or clothes
- Have conversations about this being a “big” or “exciting” day
 - Some families put underwear on for the day
 - Others choose to have their child spend the day without any underwear or pants
- Set a potty timer with child, include them in the process, make it fun



Deshacerse del pañal



- Coloque al niño en el orinal sin pantalones ni ropa
- Tengan conversaciones acerca de que este es un momento "grande" y "emocionante" para ellos
- Algunas personas optan por ponerse ropa interior durante el día
- Otros eligen que el niño pase el día sin ropa interior ni pantalones
- Esto ayuda al niño a sentir la sensación y puede aliviar la necesidad de usar el orinal
- Establezca un temporizador para ir al baño con el niño, inclúyalo en el proceso, hágalo divertido

When they go potty in a diaper or their underwear:

- Talk about next steps
- Take to the bathroom
- Gently remind toilet is where we go potty
- Have child pull their pants up and wash hands

Si van al baño en el pañal o la ropa interior:

- Habla sobre tus próximos pasos
- Llévalo al baño
- Volcarlo y dejar que el niño lo jale (si se siente cómodo)
- Suave recordatorio de que el baño es donde vamos al baño
- Haga que el niño se suba los pantalones y recuérdale que siempre se lave las manos

Potty Training at Night

Potty training your toddler is one of the most important jobs you have as a parent. Figuring out how to make it through the day accident free is a huge milestone for parents. But what happens when your kids go to sleep and have to make it through the night without wetting the bed? These useful tips will help you transition to potty training at night, while promoting restorative sleep for parents and children alike.



Potty Training at Night

Believe it or not, being potty trained at night can come months (or even years!) after your child is keeping their underwear dry all day long.

1. Are they ready?

Just because your sweet toddler is a pro at using the potty all day long does not mean she is ready to make it through the night accident-free.

A good indicator that they *are* ready to take the leap is if they are already waking up dry in the morning (and keep it up for several weeks.) You can use this development as the go-ahead for facilitating nighttime potty training.

2. Establish a Routine.

A nighttime potty training routine is simple. Make sure your child goes to the bathroom right before hopping into bed at night. Make sure they try, even if they say they don't have to go.

Be sure to let your child know that they need to listen to their bodies even when they're sleeping. And if they have to go potty, they need to get out of bed and walk to the bathroom.

Install nightlights in the hallway and in the nearest bathroom, and let them practice getting out of bed to go potty.

3. Should you wake them up?

Some parents approach nighttime potty training by setting alarms and waking kids up at the same time each night to train their bodies to wake up and use the potty. Some parents wake their child up just before they head to bed themselves. And some parents never wake their kids up at all.

If you really feel like your child is ready to stay dry all night long, see what happens the first few nights. If there are frequent accidents, you can either start waking them up throughout the night to use the potty – or just wait to tackle nighttime potty training until they're really ready.

4. Should you stop liquids at night?

Some parents swear by cutting off all liquids after dinner. Other parents send their kids to bed with water bottles. Which solution will have your child staying dry all night long?

5. Bedwetting Hack

No one wants to spend time, in the middle of the night, putting clean sheets on a bed when you could be sleeping! When you're first starting out with potty training at night, do yourself a favor and invest in one (or two) mattress protector.

6. Set your expectations.

It can be defeating to face a freshly peed set of sheets each morning and a child who has no recollection of what happened. Spare your potty-trainer the resentment and disappointment, and remember that this is not forever. YOU no longer pee the bed, and they won't be peeing it forever either. Your patience and grace are crucial for this nighttime transition because you do not want to send your child to bed with the fear of doing something wrong. Or worse, disappointing you.

This is also the time to really decide if your child is ready for potty training at night. Did you start nighttime potty training because your child is begging to ditch the diaper at night? Is it because YOU feel like they should be wearing underwear?

Additionally, don't hesitate to reach out to your pediatrician if bedwetting becomes an ongoing issue.

This is a work in progress..

- This is a process, therefore we know it will go through many stages and phases to master
- Give yourself some patience and grace, when you do this it will be easier to give it to your child
- One size does not fit all, meaning, what works for one may not work for another
- Feel free to reach out to school staff for additional support

Este es un trabajo en progreso...

- Este es un proceso, por lo que sabemos que pasará por muchas etapas y fases para dominarlo
- Dése un poco de paciencia y gracia, cuando haga esto será más fácil dárselo a su hijo
- Un tamaño no sirve para todos, lo que significa que lo que funciona para uno puede no funcionar para otro
- No dude en comunicarse con el personal de la escuela para obtener apoyo adicional

Keep things fun with music!

- <https://www.youtube.com/watch?v=Vtq1XV6ZVOc>
- <https://www.youtube.com/watch?v=m6DkUw4JL54>
- <https://www.youtube.com/watch?v=PqLMcyUFrSA&feature=youtu.be>