POSITIVE PRACTICE POTTY TRAINING

\*\*\*\*\*No more diapers or pull-ups, except at night. Expect lots of accidents at first. This may take a while (two weeks or more), so don’t get discouraged. The results are well-worth the effort.

1. Fill the child full of fluids
2. Every five minutes do a dry pants check:

* Ask them, “Are you dry?” and have them feel their pants.
* If they are not dry, prompt them to say yes or nod their head, then praise them and give them a small treat.
* If they are wet, prompt them to say no or shake their head, and do the positive practice procedure.

1. Positive Practice Procedure:

* After the child feels themselves and knows/hears that they are wet, say “tee-tee” (or whatever you call it), goes into the potty,” in a very neutral tone of voice.
* Briskly walk them to the potty.
* Pull down their pants.
* Sit them down barely (try not to let them void).
* Pull their pants back up.
* Take them back to where the accident happened or was discovered.
* Repeat the whole process again, starting from asking them if they are dry.
* Do this whole procedure a total of five times.
* On the fifth round, have them sit a few extra seconds on the toilet and possibly let them void,
* If they do void, give them minimal praise, not a huge potty party.

1. Every fifteen minutes, take them to the potty and sit them on it for three to five minutes.

* Don’t make it too exciting, but maybe read a story or sing a song to pass the time.
* If they go in the potty, throw a HUGE potty party. Cheer, clap, tickle, yell, run around the house telling everyone, and get the whole family involved.
* Save a special reinforce (food, toy, etc) that they only get when they void in the potty.
* If they didn’t go in the potty, just pull up their pants, flush the potty, wash hands, etc, and go back to more fluids and dry pants checks.

1. Once they initiate in anyway, fade the dry pants check to longer intervals, and extend the time between potty runs (step 4).

\*\*\*\*\* You want to sit down both boys and girls, so that they will start associating the toilet with BM’s, because there is no way to evoke the feeling of BM’s.