



building blocks  
FAMILY



Potty Training  
Online Course Material



## Copyright

It is exciting to have launched online classes and be able to provide resources for families. Building Blocks Family is creating services that will reach many, while being cost effective. Online services are challenging for a few reasons. One of the biggest, is trusting that the information and classes will not be shared illegally and forwarded onto friends. Building Blocks Family respectfully asks that this information NOT be shared or forwarded onto others. You have made an investment in your family and it is only fair that others do the same and not benefit illegally from your investment. BBF appreciates all referrals and when people spread the word about the classes and/or services. Thank you all so much for helping with this.

# Contents

INTRODUCTION .....	4	ACCIDENTS .....	20
BBF POTTY TRAINING METHOD .....	5	PRIZES & REWARDS .....	25
DAY TRAINING VS. NIGHT TRAINING .....	7	POOPING ON THE POTTY .....	27
POTTY TRAINING SIGNS .....	8	WIPING .....	29
PREP & WHAT TO GET .....	11	HOW TO NIGHT TRAIN .....	31
THREE DAY PLAN .....	17	CONCLUSION .....	32
WHAT NOW? DAY FOUR AND ON .....	22	SUPPLEMENTAL DOCUMENTS .....	33



# Introduction

---

Hi, first and foremost congratulations on this milestone and raising a toddler! This is such an exciting time but can also feel a bit overwhelming. I believe the two most stressful transitions in toddlerhood, are moving a toddler to a big bed and potty training. Here is where I come in. My name is Chelsea Kunde, MA, LAMFT. I am the owner of Building Blocks Family, L.L.C (“BBF”), Loving Family Solutions. Here, BBF aims to provide tools to empower you to feel confident, and provide help when the “overwhelming” feelings come into play.

Before we get started, I think it is important to know a little about me! I have my Bachelors of Art in Psychology from The University of Arizona (Go Wildcats!) and my Masters in Marriage and Family Therapy from The University of San Diego. I also have my Sleep Consultant Certification from The Institute of Pediatric Sleep and Parenting. I live in Phoenix, Arizona with my husband, Josh and our two daughters, Harper & Reese. I have worked extensively with kiddos, families and couples, specifically helping them with parenting skills and/or training. My field of work is extensive as I’ve worked as a behavior interventionist, parent coach, & therapist providing individual, couple, family and group services and a sleep consultant. The techniques and interventions that Building Blocks Family uses for the challenges we all face as parents is a combination of a behaviorist perspective and a therapeutic approach. Combining the two is important, as we are not robots, and need to pay attention to what works well for each individual, child and family for optimum success.

The goals of this class are three fold. First: providing families with a consistent, simple, and helpful plan to prepare & complete potty training successfully. Second, providing families with not only a short term plan but a long term plan as well. At BBF, we treat all interventions, services and plans as a lifestyle change not simply a crash diet. Finally: the ultimate goal when completing this class is allowing families to walk away feeling confident and ready to potty train!





## CHAPTER TWO

# BBF Potty Training Method

BBF's Potty Training Method is a three day method. This means that you will need to carve out three days to be at home and focused on the potty training plan. Yes, you read that right. Your toddler will be at home for three days. Now, you can leave the house but the toddler needs to be at home. This also means, no going outside. I know this may sound brutal with a young child, but it is for a reason. I am not pointing fingers, however, if your child has ever seen someone go the bathroom in your backyard, they may do the same. Eventually, that might be a great option, but in the learning phase we want to avoid the outside. I promise you, you will have more accidents being outside, so best you can, please avoid it and be inside for three days. There can be a variety of caregivers that watch the child and implement the plan. What is most important is that each caregiver follow the method. Again, you can leave the house but the toddler needs to stay at home.

I often get asked, “how long does potty training take?”. Every child is different when it will “click” and what is important to note is that although a lot of work gets done in the three days, it is unrealistic to think all of the work will happen within just three days. I tell clients to carve out two-four weeks for lasting change. We know that behavior change can occur within 72 hours, hence the three day method. We also know for lasting change, we want to give a behavior at least three weeks. Therefore, I would gear up for two-four weeks of adjustment. For some kids, the new skill set clicks on day two, some day five, and others two weeks, etc. Every child is different and time can help with the adjustment. It is important to give the potty training a solid two weeks before making a shift. I want to tell you to never throw in the towel, but I am also a realist. I know sometimes this can happen. I encourage all my clients to try for two weeks before giving up. If you do end up putting diapers back on (and I hope you don’t), you will need to buffer in 1-2 months before starting again and know that when you do start again, you could be met with more resistance.

Another question that often comes up is about sitting vs standing for little boys when using the potty. At first, both girls and boys will sit. The reason for this is that standing and aiming is a challenge. Toileting is a new skill set and so you want to have your child sit down and point private parts down in order to avoid urine going everywhere. It is also hard at first for many kids to differentiate if they have to go pee or poop. So picture a young toddler standing to pee, trying to aim, and realizing they have to poop. They now have to stop peeing, turn themselves around, get onto the toilet, etc. That is a lot of steps for a new skill set. I recommend everyone sit when they first learn how to be potty trained. Standing is a social norm and they will learn and do that eventually.



### LET'S RECAP

You will need to carve out three days to be all in for potty training. You want to make sure to give yourself and your child two weeks before throwing in the towel. I would also gear up for the first month to be full of learning this new skill set. Everyone will sit on the potty at first as they are learning to be potty trained.

Lastly, be consistent and jump two feet in!

# Day Training Vs. Night Training

BBF's potty training method starts with day training first. The reason for this is because research has shown that many children are not ready to be day trained at the same time as they are ready for night training.

Often children sleep so hard at night time (and nap time), that when they have to pee, their bodies are unable to signal to their brain that they need to go the bathroom, so they won't wake up and they will have an accident. Biologically, they are not ready for this next step of night training. Children do not want to have night or nap accidents and if they can't help it due to sleeping so deeply, I don't want to set them up to fail. So, the BBF Method recommends day training first and providing a diaper or pull-up for sleep periods like nap and night time sleep. Now, some children are ready to night train at the exact same time as when they day train. You will know this because they will stay dry throughout the entire nap and night time. Do not stress if this isn't your child. Many children day train first and night training comes second. We will discuss this further on in the material packet and video. So first, let's focus on day training and get that to be consistently on track. Then, we can focus on nap and night training.



## CHAPTER FOUR

# Potty Training Signs

I get asked often, “When should we potty train?” I wish there was an easy answer to this. The truth is, that every child and every family is very different. It is important for both yourself and your child to be ready. There is an age range kiddos fall into for potty training. The range is wide and that can feel very frustrating! It is “normal” to potty train between 18 months-3 years of age. That is a very large age gap. So how do you know when to begin? Below are some signs to look out for and a few tips from me.

First, please know that every child is different. Potty training is not something you want to rush. I do not believe you will miss a window. Why? Because potty training will happen. They will learn. They will not go off to college in diapers. I promise you! Potty training is behavior intervention and if you have a good plan and are consistent, you will see results. I often hear, “my friend potty trained her daughter at 18 months but my little one doesn’t care about the toilet at all, am I going to miss my chance?” NO! Truly. It is so hard to not compare. It is also hard to not fear you are missing the ideal time. Have faith that the ideal time to potty train is the time when they are ready and you are ready. Some kids show every sign under the sun of being ready (that was my second child) and some show very little signs (that was my first child). Both were successfully potty trained.



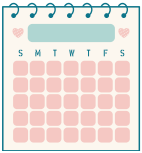


Recently, I have seen a trend in potty training on the younger side. Newer research has shown that younger potty training has benefits and can be successful. For instance, research suggests under two years of age, kiddos really want to please us, and this can make the experience more successful. While this might be true, it doesn't mean it is always true. So many factors go into when is a good time for potty training, not just for them, but for us as caregivers as well. For example, my youngest was showing all of the signs about four months before we actually potty trained. We as a family were not ready to do it yet and be consistent. So we waited until the entire family system was ready and we were successful. Follow your gut on timing. Make sure you set everyone up for success and start when you want to. My belief is there isn't harm in waiting, but pushing potty training to happen before a child is ready can become problematic quickly. Look for the signs and check in with your family to know when to begin and jump two feet in! I personally think the sweet spot to potty train is around two or two and half years. I personally feel like they can communicate (somewhat) and understand the process better. They also are motivated to be a "big girl" or "big boy" and craving more independence.



I have had clients be successful when potty training under two years of age and also have seen success when waiting until age three as well. It really is that different for everyone. Below are some signs to watch out for. Remember, they do not need to be showing all of these signs to start, but at least some of them. If they are showing all of them and you are ready, go for it! Please note I would not recommend potty training right before a new baby or right after. Quite frankly, I would cushion in one-two months of waiting before and after any big transition and change

# Potty Training Signs:



Age Range: 18 months- 3 years



Tells you before or after they have gone



Can walk and sit independently



Wants to be changed immediately after going bathroom in diaper



Can follow simple directions and commands



Less diaper changes throughout the day (can hold pee for 1-2 hours)



Shows interest in toilet and going to the bathroom



Dry at nap or night time sleep



Can communicate when they need to go or have gone



Interest in toilet / when others use the bathroom

**Note:** Your child does not need to show every single one of these signs to be ready but these are things to look for.

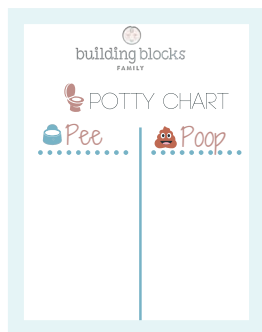
# Prep & What to Get

At BBF, we believe that preparation is key to any big transition, but especially potty training. Half of the battle with potty training is the preparation. This ranges from the items you need to purchase, to also explaining the plan to your child. Remember, the more buy in we get from the toddler(s), the better. Prep is BBF's secret sauce.

Remember when I said, when you are ready, jump with two feet in? There is a reason for that. We want to send super consistent messages to our toddler before, during and after potty training. BBF's method is comprehensive, consistent, and all encompassing. A large part of the method is the preparation. Here is a list of items for you to use and/or purchase before you begin. Let me walk you through each item and why it is important.

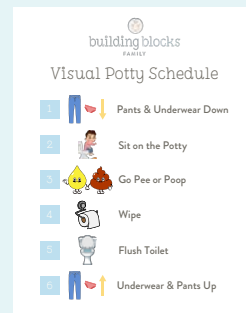


Preparation is key  
to any big transition.



Use and/or create a reward chart. I have provided you a chart in the supplemental documents on page 28 of this guide. As you can see, it is simple and easy to use. Feel free to make your own, but keep it simple. You will need to purchase small stickers for the chart.

Use and/or create a visual schedule for toileting. I have provided you a chart in the supplemental documents on page 28 of this guide. There are many steps in toileting. Steps that feel innate to us because we have been potty trained for so long, but these many steps can feel complicated to young children. Think about it, before you even sit down, you must take off pants, then underwear, and then sit, etc. It is easy for a little one to forget one of these steps. Children learn best through pictures. When making your own chart, make sure to pair a word with a picture. Hang both charts eye level for your child. I suggest hanging them on the bathroom door or vanity so the child can easily see and reach the charts.



Create two different rewards bins. Get two plastic bins. One bin will be used for “pee” prizes and the other bin will be used for “poop” prizes. Yes, BBF believes in rewards and reward systems, especially when shaping a behavior or teaching something new. Think about it like this, I love my job, but I also like a pay check. It is okay to like both and be motivated by both. Now, prizes won’t work well forever and I do not suggest using them for long periods of times. In fact, I recommend using the prize bins until the prizes are gone. It is a very organic way to be done with them. You do not need to refill the bins. In fact, most kids move on from the sticker chart and prizes on their own. However, at first, these are great motivators.

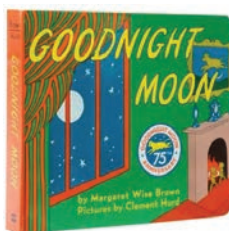




## PEE PRIZES



**WHAT DO YOU PUT IN THE BINS?** I would gather about 2-3 weeks worth of “pee” prizes. Kiddos pee far more often than they poop, so it is important to have enough prizes. I would gather about 12-15 poop prizes. I suggest going to the dollar store, Target dollar section, Walmart and of course you can look up items and order on Amazon. Get a variety of prizes. Poop prizes will be bigger and better, but nothing that will break the bank. In the “pee” prize bins, fill with suggested items like bubbles, stickers, temporary tattoos, chapstick, and small food items like m&ms or mini marshmallows, etc. In the “poop” prize bin, fill with suggested items like sunglasses, books, bath bombs, cars, necklaces, small stuffed animals, lollipops, fruit snacks, etc. Please note, that if your child has never had sugar or a specific treat, do not use it as a reward. I believe everything in moderation, so rewarding with food in my book is okay, however if you feel strongly about never rewarding with food, do not do it. It will not make or break the system. I always found it easy to add food as part of the bin, because it was easy to get a lot of that item and easy to carry around with you after the initial three day method. Rewarding in the first 1-2 weeks is key even when out and about.



## POOP PRIZES

\*Another note, if your child sits on the potty, pees 1-2 drops, jumps off, gets the treat, then says they have to go again 10 seconds later, they then pee 1-2 drops, jumps off, gets treat, and the cycle repeats. It is time to stop with food as a reward. Most often, the food is just a bonus and this doesn't happen.

You will need to purchase a potty seat and a stool. BBF recommends going with either a smaller potty seat ([LINKED HERE](#)) that goes on top of the regular sized toilet and also using a stool. I prefer the squatty potty ([LINKED HERE](#)). If you use the Squatty Potty, purchase the 9-inch one rather than the kids version. The kid version is a little unstable and quite the eye sore. Another option would be a smaller seat and stool all in one ([LINKED HERE](#)). A floor potty is not preferred. This is for several reasons. It can become a game to the toddler. They may play with the floor seat and use it for pretend play. We do not want that to happen because we do not want them to think they can play with toilets. Sometimes, having the option of the floor potty compared to just the regular sized potty, the choice can turn into a power struggle. I am sure you can hear it now... “I want to use the floor potty, no I want the big potty, no I want the floor potty...”. Also, we want to set our kids up to be able to use any toilet, anywhere and many places do not have a floor potty as an option. Lastly, even with the inserts, cleaning them is not ideal. However, If you want to use one, I recommend starting with one and phasing it out after a few months.

Another part of preparation is purchasing new underwear! This is very exciting and I would involve your toddler in the process. Take them shopping to pick new underwear or let them scroll on Amazon. Either way, include them. Remember, we want their buy in to the process. Only purchase normal underwear. Avoid training underwear or anything with a pad. That is a glorified diaper and we are moving away from those. We will discuss accidents later on but it is important for the toddler to feel the full accident when they have it.

The padded underwear takes away from the natural consequence of feeling the accident.

The next item to consider purchasing would be a potty watch ([LINKED HERE](#)). This is optional but BBF’s method will use a timer. A potty watch is a glorified timer. Most toddlers love an accessory and it makes the process very fun for them. Again, it helps to get their buy in. The Potty Watch is not necessary but can be very helpful to the process.



SEAT + STOOL IN ONE



POTTY SEAT



SQUATTY POTTY



POTTY WATCH

### YOU WILL NEED TO “GET RID” OF YOUR DIAPERS.

You heard that correctly. Once you start potty training there will be no use of diapers during the daytime except for sleeping periods. As stated above, BBF’s method separates day training vs night training. We will discuss further on how to night train, but for now we will only use diapers or pull ups at sleep periods (nap and bed time). Pull-ups are great because the toddler can put them on and off themselves. Toileting is a very independent skill and we eventually want our toddlers doing all toileting steps alone. Therefore, pull-ups can help with their drive for independence. However, pull-ups are not as absorbent. Sometimes, you may need to continue with night time diapers in the beginning. Once the child gains more bladder control, they will not be over saturating their diapers as much and you can move to pull-ups. Until then, you can continue to use diapers. I would change what you call the diapers. For instance, you could call the diapers, “sleep time diapers” or “night underwear” instead. Changing the name can help it feel different and not as much like a baby. I suggest to avoid changing the toddler on a changing table, but to try putting the diaper on them standing up. It sounds harder than it is, but again this helps differentiate between it being the same diaper as something new and more grown up. Give it a try! Again, your toddler will be night trained eventually, but often they are not ready to do that at the same time as they are ready to day train. Take the pressure off and start the training during the day and only use diapers or pull-ups for sleep periods.



Lastly, it is important to prepare your child for the transition of potty training before it actually begins. Two suggestions are to make a social story (linked on page 37 of this guide) and a countdown calendar (on page 35 of this guide). A social story is a story you can make about the process of potty training. Use the example for wording and incorporate pictures of your own. Make the story specific to your child and family. A rule of thumb for a social story is to do 1-2 sentences on a page paired with a picture. Include pictures of your child and the bathroom set up. Once you make the story, read it to your child a few days before you begin the potty training. Another item you can use is a countdown calendar. This is a way to let your child know when potty training will happen. You will countdown with them every day until the day is finally here to potty train.

Preparation is key to success with potty training. Make sure to purchase and create all the items in the following list before you begin.

## CHECKLIST

# Before Beginning Potty Training

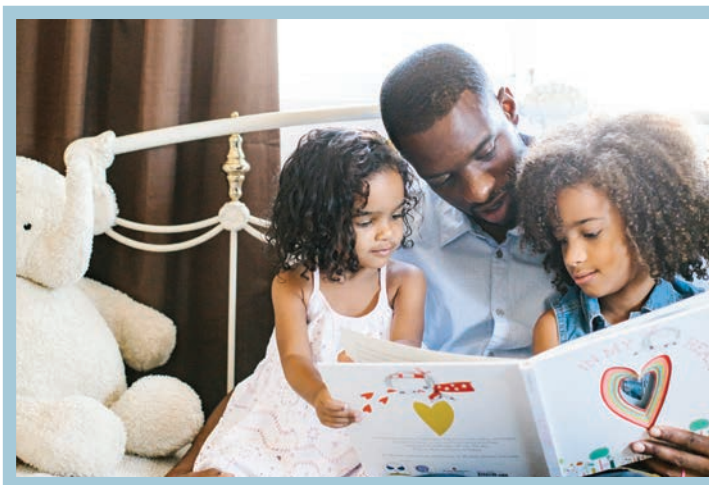
- ☐ Create Reward Chart (including small stickers)
- ☐ Create Visual Schedule
- ☐ Create Reward Bins (One for pee prizes and one for poop prizes, including prizes)
- ☐ Get potty seat and/or squatty potty
- ☐ Purchase new underwear
- ☐ Purchase potty watch (optional)
- ☐ Get rid of diapers (may keep pull-ups for nap/night)
- ☐ Discuss new plan with kiddo (create social story and countdown calendar)



# Three Day Plan

This method is a three day method. Remember, you need to carve our three days to be at home. Your toddler must be home for three days with no going outside. It is really important to follow this and although the days can feel long, it is only three days.

You have prepped everything on the list above. The prizes are put away, the charts are hung up, the social story has been read and the countdown calendar has been completed. Potty training is here and everyone is ready!



**DAY ONE:** You will wake your child up in the morning and you will immediately take off their diaper. The first day will be a naked day (from the waist down, at least). Why is this? Oftentimes, if you put underwear on them right away they will have a false sense that they have a diaper on and they will have more accidents. Trust me, start with at least one naked day. You may have to do more than one naked day, but you will be doing at least one.

You will walk them out to the common space in your home and you will have a potty party! What does this party look like?! I would wrap their new underwear, the new potty watch and a fun indoor activity like a coloring book or puzzle. Remember, we need their buy in and who doesn't love presents to start their day?! You will then either set a timer (phone, Alexa, Google, etc.) or the potty watch for a 30 minute timer. Then, you will proceed with your day. The good news about a potty watch is that once you set the 30 minute timer, it will go off every 30 minutes so you are only setting one timer.





When the timer goes off (after 30 minutes), you will get very excited and bring your toddler to the bathroom. You will help them to get on the toilet. Just for sitting, they get a sticker on the chart. For sitting and going pee, they get a sticker and pee prize. For sitting and going poop, they get a sticker and poop prize. You will wash hands and proceed about your day while also setting another 30 minute timer. You will repeat the above steps each time the timer goes off throughout the morning. I want you to strategically have your timer go off right before nap time, so your child can use the potty once more before putting on their sleep diaper or pull-up.

After nap, you will take off the sleep diaper or pull-up right away and set your 30 minute timer or put the watch back on. (Please take the watch off for sleep periods as it goes off consecutively at timed intervals you set). When the timer goes off (after 30 minutes), you will get very excited and bring your toddler to the bathroom. You will help them to get on the toilet. Just for sitting, they get a sticker on the chart. For sitting and going pee, they get a sticker and pee prize. For sitting and going poop, they get a sticker and poop prize. You will wash hands and proceed about your day, while also setting another 30 minute timer. You will repeat the above steps each time the timer goes off throughout the afternoon. I want you to strategically have your timer go off right before bed time, so your child can use the potty once more before putting on their sleep diaper or pull-up and going to sleep. That is the end of day 1.

**DAY TWO:** They get to wear underwear! \*Please note, if they are having several accidents right away when wearing the underwear, you can do two naked days no problem, but give them a chance in the underwear. You will then either set a timer (phone, Alexa, Google, etc.) or the potty watch for a 60 minute timer. Then, you will proceed with your day.



When the timer goes off (after 60 minutes), you will get very excited and bring your toddler to the bathroom. You will help them to get on the toilet. Just for sitting, they get a sticker on the chart. For sitting and going pee, they get a sticker and pee prize. For sitting and going poop, they get a sticker and poop prize. You will wash hands and proceed about your day while also setting another 60 minute timer. You will repeat the above steps each time the timer goes off throughout the morning. I want you to strategically have your timer go off right before nap time, so your child can use the potty once more before putting on their sleep diaper or pull-up.

After nap, you will take off the sleep diaper or pull-up right away and set your 60 minute timer or put the watch back on. When the timer goes off (after 60 minutes), you will get very excited and bring your toddler to the bathroom. You will help them to get on the toilet. Just for sitting, they get a sticker on the chart. For sitting and going pee, they get a sticker and pee prize. For sitting and going poop, they get a sticker and poop prize. You will wash hands and proceed about your day, while also setting another 60 minute timer. You will repeat the above steps each time the timer goes off throughout the afternoon. I want you to strategically have your timer go off right before bed time, so your child can use the potty once more before putting on their sleep diaper or pull-up and going to sleep. That is the end of day 2.

**DAY THREE:** Day 3, is it feeling like groundhogs day yet? Today very much will feel like that. They can again wear underwear and you will be setting timers. You will either set a timer (phone, Alexa, Google, etc.) or the potty watch for a 90 minute timer. Then, you will proceed with your day.

When the timer goes off (after 90 minutes), you will get very excited and bring your toddler to the bathroom. You will help them to get on the toilet if they still need the help. Just for sitting, they get a sticker on the chart. For sitting and going pee, they get a sticker and pee prize. For sitting and going poop, they get a sticker and poop prize. You will wash hands and proceed about your day while also setting another 90 minute timer. You will repeat the above steps each time the timer goes off throughout the morning. I want you to strategically have your timer go off right before nap time so your child can use the potty once more before putting on their sleep diaper or pull-up.

After nap, you will take off the sleep diaper or pull-up right away and set your 90 minute timer or put the watch back on. When the timer goes off (after 90 minutes), you will get very excited and bring your toddler to the bathroom. You will help them to get on the toilet. Just for sitting, they get a sticker on the chart. For sitting and going pee, they get a sticker and pee prize. For sitting and going poop, they get a sticker and poop prize. You will wash hands and proceed about your day while also setting another 90 minute timer. You will repeat the above steps each time the timer goes off throughout the afternoon. I want you to strategically have your timer go off right before bed time, so your child can use the potty once more before putting on their sleep diaper or pull-up and going to sleep. That is the end of day 3 and the 3 day method.

The following page is a quick glance at the three days.





## Day One

- No underwear
- Set timer to go off every 30 mins. in the morning
- When timer goes off, walk to bathroom to try to go potty
- Use potty right before nap time, put on sleep diaper or pull-up
- Set timer to go off every 30 mins in the afternoon
- When timer goes off, walk to bathroom to try to go potty
- Use potty right before bed time, put on sleep diaper or pull-up

## Day Two

- Use underwear
- Set timer to go off every 60 mins. in the morning
- When timer goes off, walk to bathroom to try to go potty
- Use potty right before nap time, put on sleep diaper or pull-up
- Set timer to go off every 60 mins in the afternoon
- When timer goes off, walk to bathroom to try to go potty
- Use potty right before bed time, put on sleep diaper or pull-up

## Day Three

- Use Underwear
- Set timer to go off every 90 mins. in the morning
- When timer goes off, walk to bathroom to try to go potty
- Use potty right before nap time, put on sleep diaper or pull-up
- Set timer to go off every 90 mins in the afternoon
- When timer goes off, walk to bathroom to try to go potty
- Use potty right before bed time, put on sleep diaper or pull-up



## CHAPTER SEVEN

# What Now? Day Four and On

Congrats! You have completed the three day method! I hope you rewarded yourself as well. Day 4 and on, you can continue your life as normal. Yes, your toddler can go outside, go back to school, activities, etc. It may feel scary at first, but it is time to test their new skills in the real world.

This next part is vital to the potty training process. Day 4 and on, there is no more prompting. You go from overly prompting for three days to stopping prompts all together. This can be very hard especially when leaving the house. However, it is vital! If you overly prompt your toddler, it will turn into a power struggle and they will win. You will ask them, “do you need to go potty?” And eventually, they will start just saying “NO!”

And proceed to have an accident 15 minutes later. Trust me, stop prompting. They need to start to learn how to listen to their body’s cues and signs of what it feels like to have to go the bathroom. Yes, they may have accidents as they are learning but this is actually helpful to the process. They need to learn to listen to their bodies and learn to stop what they are doing and go to the restroom. They will only learn this when we give them space to do it.

**DO NOT STRESS.** I know this part is challenging, so I added in what I call command bathroom times. This is when you command your child try to use the potty as part of your routine and schedule. It is not an open ended question, but a command. During the 3 day method, we have built in two command bathroom times already. These times are before nap time and before bedtime. I would add in one additional command bathroom time. I would add in one when your child gets ready for the day. That way, you are commanding three times a day they try to use the restroom as part of your routine. All other times, let it go! Trust the method and process.





# Accidents

Accidents are part of learning and will happen. Accidents can feel anxiety provoking, but I want you to reframe that for yourself. Think about accidents as part of the potty training and learning process. I actually want your child to have some accidents, so that they learn what happens when we do not listen to our bodies. Accidents are a natural consequence and will help solidify their new toileting skill set. The goal is to have as few accidents as possible, but they will happen and it is important to remember that accidents are helping them learn.

It is important to remember that accidents are helping them learn.



BBF recommends bringing extra clothes out with you in case there is an accident when you are out and about. It is also helpful to have wipes in your car. So, what do you do when there is an accident? The most important thing to do is to stay neutral. At first, you will have so much empathy for your learning toddler, but we do not want to send the message that it is okay to pee or poop your pants. We also do not want to shame them. We want to stay neutral and honest. You can say, “We do not want to pee our pants, we want to pee in the toilet” and then take them to the toilet to see if they need to go anymore, clean up the mess quickly, and move on. Remember, there are not any prizes or stickers earned for accidents. This can be upsetting to your toddler and that is okay. It is okay for toddlers to be upset, and actually this could be motivating for them to listen to their bodies the next time to earn the reward. Empathize with their feelings and emotions, but stick to the method and plan. Remember, accidents are part of the learning process and regardless of how you feel, try and remain as neutral as possible.



## CHAPTER NINE

# Prizes & Rewards

BBF believes in using reward charts and prizes, especially when shaping a new behavior like toileting. When do you get rid of prizes? When prizes are done. This is very organic and makes logical sense. In fact, a lot of kids get over the sticker chart first and then the prizes. Often, they are over the prizes before the bins are empty, which can make it easier to fade out the rewards. If your child loves the rewards, that is great too! You will have prizes in your pee and poop bin. Once the prizes are done, they are done. If your child loves the prizes, let them know when you are nearing an empty bin. For Example, “We have three pee prizes left, we have two pee prizes left, etc” There is no reason to refill a prize bin. You may run out of pee prizes before poop prizes or vice versa and that is totally okay! Just stop the prizes when they are done.



Another thing that you can implement when it comes to prizes is adding in one grand prize for three days of zero accidents. This could be an experience or a toy they have been wanting. Print a picture of the big reward and put on the reward chart, so they can see it and they can understand what they are working towards. I like to build on the momentum using rewards. Just for sitting they get a sticker, for sitting and going they get a sticker plus a prize, and for three days of zero accidents, they get a bigger reward! It can help to keep their motivation and make the process fun and exciting.



Remember, with prizes, they will not last forever. When they are done, they are done. Feel free to carry around some prizes with you when you are out in public to reward right away, especially the first two weeks following the three day method. Rewards are helpful to shape a behavior, but not the end all be all. Rewards are helpful when used temporarily in this method.



## CHAPTER TEN

# Pooping on the Potty

Now, it is time to talk about pooping on the potty. Many children will have challenges learning to poop on the potty. Please do not be alarmed if this happens with your child. If you think about it, before potty training, their entire life they have been able to poop whenever, wherever. They walk around and poop as they feel like they need to and it is caught in their diaper. Now, we are asking them to sit on a toilet, push, have your poop come out, and splash into water. This is very different and can feel scary to some children. Therefore, we want to give them lots of time to get used to this new skillset.

Constipation can be a symptom of potty training. Even for the most regular of children, constipation can come into play when potty training. I am not a doctor and can not give you supplement or medication advice, so please always ask your pediatrician. However, it can be helpful to get ahead of the constipation by providing a fiber supplement or adding more fiber into their diets. Please ask your pediatrician what they recommend before starting potty training. The reason for this is because once a child becomes constipated, it is a vicious cycle to break. They might be fearful of going on the potty, then they hold in their bowels, then they become constipated, and then it actually does hurt to go. This cycle is hard to break, therefore it can be helpful to get ahead of it by talking with your child's doctor.



As part of the preparation for this method, you have already done a lot to help your child become successful with pooping on the potty. You will be making a social story for your child including information on pooping on the potty. You will also provide them with a stool or squatty potty. It is important for your child's feet to be grounded when trying to poop. This is the way their body should be positioned when pooping, because it is the most helpful for pooping success. They also will have access to a poop prize bin, which can help motivate them to go poop on the potty.

If you have a child who is holding in their poop and waiting to go in their sleep time diaper, honestly, I would rather that than the alternative of holding in their poop and becoming constipated. I promise you, they will not go poop in a diaper forever. It is important for them to poop consistently and avoid constipation. You can always remind them of their rewards and how toileting works, by using their social story to reinforce all of the steps. Also, please give it time and be very patient. It will click for them.



## POOP PARTY!

There is another intervention to help children who are having a hard time going poop on the potty. It is called a poop party! This is actually a poop party for the entire house! Here is how it works, anytime anyone in your house poops, you celebrate! Think streamers, play a fun song like the silly poop song, and get excited! The idea of the poop party is, anytime poop is flushed, it goes underneath the house to a party and we celebrate! Now, poop that is in pants or a diaper or pull-up doesn't get to go to the party and we do not celebrate. This extra fun and party idea can help motivate a child to try and go poop in the potty, and help them to be successful. This might not work for every child, but it is worth trying! You could also just play a song about poop or watch a fun cartoon show about pooping on the potty as another way to motivate them. You can try some or all of the above. Overall, be patient and give it time. They will learn to poop on the potty, but sometimes it takes a little longer for it click. Patience is key to success, so please remember to take the pressure off.





## CHAPTER ELEVEN

# Wiping

How do you teach a child to wipe? The goal, of course, is have every aspect of toileting be independent, however, at first you will need to help your child wipe and teach them how to wipe successfully. Some kids will want to try and wipe on their own faster than others. It is great to follow their lead, but also know that wiping can be difficult especially, when your hands are not very long. It is also important, if your child is in a daycare or a school setting, to ask the facility if they are allowed to help your child with wiping. This all depends on the school and/or daycare's license. If they can help, great! Take your time with teaching this skill. If the facility is not allowed to help with wiping, you will need to teach them quickly.

Whether you have a little girl or a little boy, it is helpful to show them how to wipe, not only with pee, but with poop as well. Remember, to teach a girl how to properly wipe, which is from front to back. You can also teach a little boy to blot after pee to prevent drippings of pee around the toilet.

Teaching children how to wipe with poop and wash their hands well after is vital to the process. Some kids want to learn this right away and others will allow you to help them. Regardless, it is important to teach them how to wipe after pooping. If your child is content with you helping them wipe, that is fine, but as they get older you can start to teach them. I would focus on this skill as your child gets closer to age 4 and 5 if they have not learned it already. As stated in the video, I have a trick using a sticker to teach them how to wipe after going poop. Place the sticker where your child should stop pulling the toilet paper roll. For example, let's go with in your house, five squares of toilet paper is reasonable. The child will pull the toilet paper until they reach the placement of the sticker (which would be 5 squares). Then you will prompt them to wipe. You will teach them that if there is poop on the toilet paper after the initial wipe, you dispose the tissue in the toilet, and get more. You teach them to continue this process until theoretically, there isn't poop on the toilet paper and they are clean. Of course, washing hands afterwards is key to the process!



Full disclosure, when I first taught my kids how to wipe, I would let them try and at the end I would go in with one flushable wipe to ensure all was clean. Once they got the hang of the skill of wiping, they were off and running on their own. It is important to teach them not only how to wipe, but how to wipe well and of course how to wash their hands!



## CHAPTER TWELVE

# How to Night Train

Remember, BBF believes in day training and night training separately. It is important for kids to be ready physically and emotionally before we night train them. So, how will you know when it is time to night train?

They will be dry at nap and at night time, and/or they will tell you they want to wear underwear instead of diapers at night. When they show signs of not needing sleep time diapers or ask to wear underwear, I like to do a sticker chart to make sure they are ready. Ask them to give you five dry naps or mornings, earning a sticker on a chart for every dry sleep period. Once they have reached five stickers, then you can move to underwear at either nap, night or both.

Most people, can sleep through the night without having to use the bathroom and this will be the same for your children when they are ready. I do not believe in restricting liquids or waking them in the middle of the night to go the bathroom. Night training is successful when they are biologically ready to do it, and when they have bladder control. There is no reason to push them until they are showing signs and/or asking. For some kids, this will be the same time as they day train and for others it will be later. There is no “right” time but there can be a time where you push them too early and they are not ready. My biggest advice is to not push night training and wait until they are 100% ready.

Sometimes, you may pull the nap time diaper earlier than the night time diaper. Some Children tend to sleep not as hard at nap time and can stay dry for that period of time. It is fine to pull one before the other. Many ask, do you use a diaper or a pull up for sleep periods? Honestly, a pull-up is a glorified diaper, so either will work. Pull-ups are not as absorbent, as a diaper and therefore you may need to wait to use them until your child has better bladder control and not over saturating the diaper during sleep. Pull-ups are nice because the child can pull them on and off by themselves, which helps promote independent toileting skills. If you use a diaper, try and put it on them while they are standing. This will make them feel like a big kid verses laying down on a changing table, like a baby. Regardless, you can use either one until they are ready for just underwear.

Time and patience  
are key!

## Conclusion

---

Congratulations! You have finished the Building Blocks Family Potty Training Course!

Potty training can feel anxiety provoking, but stick to this plan and it will work.

Remember to stay consistent and follow through with the plan. Jump two feet in when you are ready. In conclusion, remember these three things. Make sure to prep!

Preparation is a key element in this program. Prepare not only your child, but yourself as well. Get everything prepared and ready to go before you begin. Secondly, be consistent and follow through with the entire plan. Consistency is key to success. Lastly, be patient.

Potty training is a journey and patience is helpful. You have the tools, materials and the plan. Begin whenever you and your child are ready.

**CONGRATULATIONS AND GOOD LUCK!**





building blocks  
FAMILY

# Supplemental Documents



# building blocks

FAMILY



## POTTY CHART



Pee




Poop





# Potty Training Countdown Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 DAYS	4 DAYS	3 DAYS	2 DAYS	1 DAY	

# Visual Potty Chart

- 1



Pants Down
- 2



Underwear Down
- 3



Sit on the Potty
- 4



Go Pee or Poop
- 5



Wipe
- 6



Flush Toilet
- 7



Underwear Up
- 8



Pants Up





building blocks  
FAMILY

CLICK HERE  
FOR POTTY  
TRAINING  
SOCIAL  
STORY