



Potty Training at Home

Write in your own times · Log every day · Bring the last page back to us

This is the companion to our **Potty Training Family Information Sheet**. That one explains our policies. This one is the practical part: how to run a focused stretch at home, what to expect on each day, and a log you can fill in. **Print it, write in it, and bring the last page to your child's teacher when you are done.** That page is how we know your child is ready to continue in underwear here.

FIRST, IS THIS THE RIGHT WEEK?

- ☐ My child stays dry for two hours or longer at a stretch.
- ☐ My child tells me or shows me when they are wet or dirty.
- ☐ My child is interested and wants to wear underwear.
- ☐ My child can pull their own pants up and down.
- ☐ My child follows a simple two step direction.
- ☐ Nobody in our house is sick, moving, or expecting a baby this month.

If you cannot check most of these, this is not the week. Waiting four to eight more weeks is not lost time, it is the shortcut. **Children started before they are ready take longer to finish, not less.** Talk to your child's teacher if you are unsure. We see these signs all day long.

PICK YOUR DAYS AND CLEAR THE CALENDAR

Start date Last day Number of days

Who is home with my child

My child's words: pee is poop is

At Stoney Court we say "pee" and "poop" in every classroom. Using those same words at home this week makes the switch easier, but either way please write down your child's words so every teacher understands them the first time they ask.

Three days is the minimum. Five is much better. **No outings, no errands, and no visitors for the first two days.** This only works if an adult can stay within arm's reach of your child for most of the day, so pick a stretch where that is actually possible.

WHAT TO HAVE READY BEFORE DAY ONE

- ☐ 15 to 20 pairs of cotton underwear. Yes, that many. You will go through them.
- ☐ A potty seat that sits on your toilet, plus a sturdy step stool. We use potty seats on real toilets at Stoney Court, so doing the same at home keeps it consistent.
- ☐ Old towels, rags, and floor cleaner. Keep them where you can reach them fast.
- ☐ Waterproof pads for the couch, the car seat, and the bed.
- ☐ A couple of books to keep beside the potty.
- ☐ Two or three training pants with waterproof covers for outings later in the week.
- ☐ Elastic waist pants only, or a bare bottom for day one.
- ☐ A timer or phone alarm you can reset all day without thinking about it.
- ☐ Drinks your child loves, offered often. More fluid means more chances to practice.
- ☐ Every daytime diaper and pull-up out of sight. Nap and night ones can live in a closet.

WHAT TO EXPECT, DAY BY DAY

DAY ONE

The messy one

Underwear or a bare bottom from the moment they wake up. Offer drinks all morning long.

Set the timer for every 20 to 30 minutes. When it goes off, say “it is time to go potty” and walk them there. Do not ask.

Expect a lot of accidents. Today is the day your child learns what wet feels like, so an accident is the lesson working, not the lesson failing. Clean up calm and boring.

DAY TWO

The turning point

Stretch the timer to **45 to 60 minutes**. Still home, still underwear, still no daytime pull-ups.

Many children start telling you today, even if only halfway there. **Celebrate the telling loudly**, even when the underwear is already wet.

Poop often lags days or weeks behind pee. That is normal. Stay calm about it.

DAYS THREE TO FIVE

Making it stick

Stretch to **60 to 90 minutes** so your home rhythm matches ours at Stoney Court.

Try one short outing on day four or five. Potty right before you leave, and again the moment you get back.

By day five you want **no more than one or two accidents a day and improving**. That is the bar for continuing in underwear at daycare.

FOUR RULES FOR THE WHOLE WEEK

1. Tell, never ask

“It is time to go potty.” A child says no to a question far more often than to a routine. Add **“your toy will be right here when you get back.”**

2. Boring cleanups, loud celebrations

No scolding, no sighing, no disappointed face. Save the energy for the wins, and praise the **telling** most of all. No candy or prizes, here or at home if you can help it.

3. Stay home and stay close

For the first two days an adult needs to be **within arm’s reach most of the day**. You are watching for the wiggle, the pause, the hand between the legs. You cannot catch that from the next room.

4. No daytime pull-ups, not even once

Not for the car, not for grandma’s house, not for a nervous afternoon. One pull-up tells your child the old rules are still available. **Nap and night pull-ups are fine** and always have been.

THE FIRST MORNING, STEP BY STEP

1

Diaper off first thing

Before breakfast, before anything. Let them pick the pair.

2

Drinks all morning

Water or milk, offered often. More fluid means more practice.

3

Start the timer

Twenty to thirty minutes. Reset it every time it goes off.

4

Walk, do not ask

“It is time to go potty.” Walk with them, and be done in two minutes.

5

Keep cleanups boring

“Let us get you clean and dry.” No lecture, straight back to play.

Print one copy for each day

Daily Log



Day number Date Timer set for every minutes

Today's potty times, written in before the day starts

.....
.....

TIME	SAT ON POTTY	PEE	POOP	ACCIDENT	WHAT HAPPENED, WHAT I NOTICED

Today's totals

Successes on the potty

Accidents

Did my child tell me before they went?

☐ Yes ☐ Sometimes ☐ Not yet

One thing that worked today

.....
.....

Keep every log. The pattern across days is what tells you whether this is working, and it is what your child's teacher will want to see. One rough day inside a week of steady improvement is normal. A flat line across five days is your child telling you to wait.

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WHERE LEARNING IS CHILD'S PLAY

ALMOST EVERYONE HITS ONE OF THESE

They will not sit down

Never force it or hold them there. Try a book, try 30 seconds instead of two minutes, and try right after meals when the urge is strongest. **A refused potty is not a failed potty.**

They hold it, then go the second the underwear is back on

Very common on days one and two. Keep the fluids coming and keep the timer going. Their body is still learning to let go somewhere new.

They hide to poop

Also very common, and poop often trails pee by weeks. Stay calm, keep them in underwear, and do not make it a battle. **Never punish a poop accident.**

They seem constipated

Holding it causes constipation, and constipation makes everything worse. **Call your pediatrician** rather than pushing through it.

Day two was great, day three fell apart

Expected. Progress zigzags. Look at the whole week on your logs, not at yesterday. **One bad day inside a rising trend is not a reason to quit.**

They ask for a diaper back

Say kindly that diapers are for sleeping now, and move on quickly without arguing or negotiating. Do not put one on to end a tantrum, or the tantrum becomes the tool.

Great at home, not in the car or at the store

Normal. Wait until days four or five, then potty right before you leave and again the moment you arrive. Training pants with a waterproof cover are made for exactly this.

Still soaked every morning

Nighttime dryness is not something anyone can train. It arrives on its own, sometimes years later. **Keep the night pull-up and stop thinking about it.**

WHEN TO STOP AND TRY AGAIN LATER

Stopping is a real option, and sometimes the right one

Put your child back in diapers and wait four to eight weeks if you see any of these: **no improvement at all by the end of day five**, your child becoming genuinely distressed or fighting every trip to the bathroom, holding urine or stool for long stretches, or the whole house turning miserable.

Tell your child kindly that you will try again when they are a little bigger, and mean it. **This is not a failure and it is not something to hide from us.** Children who stop and restart when they are truly ready almost always finish faster than children pushed straight through, and you have lost nothing but a weekend.

The last page

Tell Us How It Went



You have just spent a week watching your child more closely than anyone else ever will. **This page is how you hand that over to us.** It is not a test and there are no wrong answers, and a week that did not go well is just as useful to us as a week that did. What we want is to pick up exactly where you left off, using your child's words and the things you already know work, so your little one does not have to start over on Monday morning.

Fill in whatever you can and bring it to your child's teacher, or take a photo and email it to **office@stoneycourtplaycare.com**. Then come talk to us. This page is a starting point for that conversation, not a substitute for it.

Child's name Dates we tried

Days we completed

Best day: successes accidents Last day: successes accidents

My child's words: pee is poop is

Interval we ended on min

Does your child tell you before they go?

☐ Yes, reliably ☐ Sometimes ☐ Only after ☐ Not yet

Pulls pants down and up alone? ☐ Yes ☐ With help ☐ Not yet

Poop on the potty? ☐ Yes ☐ Sometimes ☐ Not yet

The signs my child gives right before they need to go

.....

What works when they do not want to stop playing

.....

Anything about the bathroom that worries or upsets my child

.....

Anything else that would help their teacher

.....

.....

Filled in by Date

Thank you. A week like this one is genuinely hard work, and the children who do best here are the ones whose families and teachers are running the same routine. However it went, come tell us in person too. We would rather hear it from you than guess.