

Potty Training Resistance

Potty training takes time and patience. As a parent, you should expect to encounter some obstacles along the way. But how do you know if your child is experiencing minor setbacks or is actually resistant to potty training?

Keep these things in mind when potty training your toddler:

Always avoid attempting to potty train your child during particularly stressful times or times of change. If you have recently moved or there is a new sibling in the household, it might be a good idea to postpone potty training. Never force your child to move too quickly, and don't punish mistakes. If your child has an accident, stay positive. Mistakes are not the end of the world, but if your child associates negative feelings with potty training, it could further delay progress. Go at your toddler's pace, and be sure to show praise, encouragement, and enthusiasm along the way.

Sometimes children regress or relapse during potty training. That's normal, and shouldn't be cause for alarm. Some children may not be completely potty trained for six months or even longer. Having accidents or occasionally refusing to use the potty is normal and not considered resistance. Experts recommend that you never force your child to sit on the potty. If you find that your child is consistently refusing to sit on the potty or participate in potty training, it's a good idea to delay training for a little while, perhaps a couple of weeks or a few months. Then begin again later, when your child is more responsive to training.

If resistance continues beyond the age of 3 or 3 1/2, your child is resistant to potty training, and it may be necessary to change your potty training methods. Potty training resistance is often a result of your child having a bad experience during potty training. And sometimes resistance is the result of a stubborn or strong-willed child. There are many reasons why your child may not want to go through potty training:

- * fear of the potty chair, flushing the toilet, or punishment
- * not physically or psychologically ready; too young
- * inconsistent training, especially if there are differences in methods between parents and day care providers
- * constipation or discomfort while going potty
- * stubborn behavior or enjoyment of negative attention
- * rarely, medical conditions make it difficult for your child to control urination or bowel movements. If you suspect there are medical reasons for resistance to training, you should consult with your child's pediatrician.

Family members or friends who have had an easier time potty training their children may criticize your methods or your lack of aggression. Remember that each child trains at a different pace, and don't let the fact that your child's peers are already trained discourage you.

ADDITIONAL TIPS:

Talk About Potty Training with Your Child

* Talk to your toddler about what it means to be “wet” and “dry” or “messy” and “clean.” Talk about the benefits of potty training. For example, you can explain to your daughter that staying clean and dry and wearing big girl underwear just feels better.

* Read books about potty training. This will make potty training more fun and prepare your toddler to try going potty.

Show Your Child What to Expect

* Show your little one his potty chair, how to flush, how to wipe, and how to wash up.

* Model for your child. Mommies are used to having a little one with them at all times and are great role models. But older siblings can be great potty trainers too.

Practice! Let Your Child Try Going Potty

* Try to make using the potty part of your little one’s routine. Start with only one or two visits a day, first thing in the morning or after a meal.

* Increase the number of potty breaks. Include trips before going outside for play time or before leaving home.

* Even if your toddler doesn’t pee or poop at every potty break, your child can still flush, wipe, and wash up.

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