

# Let's Talk About **On Your Potty!**

Like many toddlers, Bartholomew wants to do things his way and in his own time.



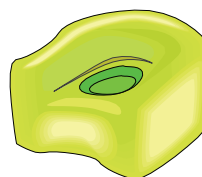
When either Bartholomew or George is angry, the writing gets bigger. The words are repeated. Use a big voice when the words are big. Change your voice when George is pleased with Bartholomew.

Try to read the book so that your child is part of the story. Ask your child to tell you what will happen next. Make your face look like George's face. Your child can try to look like Bartholomew.

Talk about what makes the bears happy, angry, sad or pleased.

Be sure to say that George is not angry because Bartholomew is not ready to use the potty.

George is happy when Bartholomew tries.



## Let's Play With Rhymes

### I Wiggle

I wiggle my fingers. (*wiggle fingers*)  
I wiggle my toes. (*wiggle toes*)  
I wiggle my shoulders.  
(*wiggle shoulders*)  
I wiggle my nose. (*wiggle nose*)  
Now no more wiggles are left in me.  
(*shake head.*)  
So I'll be as still as I can be. (*sit still.*)

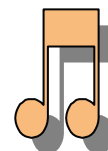
**This is a good rhyme to use with your child while he or she is sitting on the potty.**

### The Is The Way

(*Tune is "Here We Go Round the Mulberry Bush"*)  
*This is the way I sit on my potty,  
Sit on my potty, sit on my potty.  
This is the way I sit on my potty  
When I have to pee.*

*This is the way I wash my hands,  
Wash my hands, wash my hands.  
This is the way I wash my hands  
After I've sat on my potty.*

Singing may encourage your child to sit on the potty and remind him to wash his hands afterward.



## Note to Parents & Caregivers

Before children learn to stay clean and dry, they need to recognize their body's signals to use the toilet. Physical readiness to control their bladder and bowels varies greatly among children. Children must also be able to follow simple instructions.

Give lots of praise for your child's efforts.

**Make potty training fun.**

## Let's Create

### Shake-It Bottles

Drop a teaspoon of glitter into a small plastic bottle. The bottle needs to be clear. Fill the bottle with water. Glue the top in place. Wrap the edge of the lid with tape to securely fasten. Give your child the bottle to shake. Watch the glitter float up and down. Make different shake-it bottles using crayon shavings, colored rocks, food coloring with a few drops of oil.



Keep the shakers handy for your child to play with while he or she is sitting on the potty.

## Let's Be Together

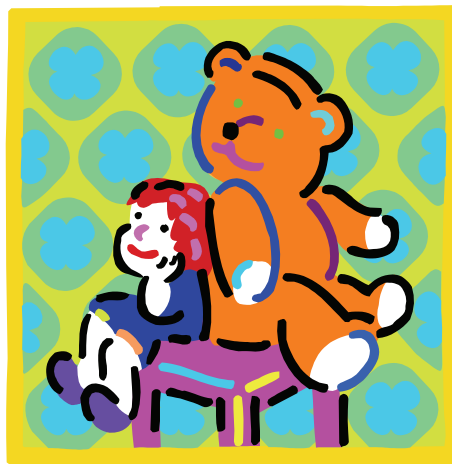
This story helps to introduce toilet training to a child. It is short and simple so that your child will want to hear it again and again.



Keep toilet training positive. Explain that it is an exciting new thing for your

child to learn. Focus on your child's success with the potty and downplay the accidents.

You can use a teddy bear and a toy potty (dish) and have your child act out the teddy using the potty with him. This helps put the child in a responsible role with the teddy and it just makes the learning more fun.



**Potty training can't be rushed.**



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