
Reasons for Accidents and Bedwetting

- Lack of readiness
- Limit liquid intake prior to bedtime
- Time stress - too much pressure in a short amount of time
- New family dynamics - new house, baby, job change, etc.
- Distracted - such as too busy playing
- Bedwetting may continue to age 5
- Deep sleeper
- Minor illness / Medical Condition
- Bladder too small
- Family history of bedwetting
- Constipation puts pressure on the bladder
- Consult with your child's pediatrician if you have concerns



Resources

Potty Training Book for Children

<https://www.walmart.com/ip/Even-Firefighters-Go-to-the-Potty-A-Potty-Training-Lift-the-Flap-Story-9781416927204/5436677>

Helpful Websites:

- <https://www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/Bedwetting.aspx>
- <https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/potty-training/art-20045230>
- <https://kidshealth.org/en/parents/toilet-teaching.html>
- <https://www.sensory-processing-disorder.com/potty-training-kids.html>
- <https://www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/default.aspx>

Your reaction to your child's failure sets the tone for the entire process. Remember to keep calm and stay cool.

Ready or Not for Potty Training



ACE Learning Center

Signs of Toilet Training Readiness

- Stays dry for longer periods of time
- Gives clues they are urinating or having a bowel movement (ex. stops activity, red face, seeks privacy)
- Recognizes if wet or soiled
- Asks to be changed
- Shows interest about the potty and others' bathroom habits
- Able to follow simple directions
- Understands bathroom words
- Is able to pull down pants independently
- Makes the connection between the urge to go and using potty
- Able to sit on the potty long enough to go in the potty



Helpful Hints

- Focus on readiness over age
- Let your child take the lead
- Make this a positive experience; avoid any negative reactions to accidents
- Decide on and teach bathroom words; avoid words such as “stinky, nasty, or gross”
- Expect and prepare to handle accidents calmly
- **Praise, Praise, Praise** when dry or going potty
- Wear clothing that is easy to pull down
- Use a sticker chart or treat to encourage, not to pressure
- Create a potty song, read books, and/or watch videos to introduce potty training
- Use visuals as needed
- Be mindful of opportunities and schedules for potty breaks (before getting in the car, stopping while playing outside, etc.)
- Be aware that success comes at home first before other places

Visual Aid

