



A Therapeutic Approach
to Movement and Learning

Toilet Training & Potty Independence

How Good Beginnings Can Help

Toilet training can be a stressful process, especially if your child is struggling with readiness, sensory sensitivities, or resistance to change. Every child learns at their own pace, and with the right strategies, potty training can be a smoother experience. Here's how Good Beginnings can help—and a few tips you can start using today!



Recognizing Readiness & Creating a Plan

Not all children are ready for potty training at the same time. We help parents recognize the signs of readiness and create a step-by-step plan tailored to their child's needs.



Watch for signs of **readiness**, like staying dry for longer periods, showing interest in the toilet, or wanting a diaper change right after going. If these signs aren't there yet, it may be best to wait.



Understanding Constipation

Constipation is a significant factor that challenges potty training. We help families understand what constipation is, what it isn't, and help you work through this to have successful outcomes.



Track your child's bowel movements for at least 7 days. Do they go every day? Every other? Is it soft or hard? Do they have pain or look like they are straining? If your child is not having a bowel movement at least every other day, you may need support before starting toilet training.



Making Potty Training a Positive Experience

For some children, the toilet can feel intimidating. We use play-based strategies and gradual exposure to help kids feel comfortable and confident.



Make using the toilet **fun**—let your child decorate their potty chair with stickers or choose a special "potty book" to read while sitting.



Addressing Sensory & Fear-Based Challenges

Some kids dislike the feeling of underwear, the sound of flushing, or sitting on the toilet. We help desensitize these experiences through gentle exposure and calming techniques.



If your child is afraid of flushing, let them press the button **when they feel ready** or try flushing with the lid closed to reduce noise.



Telehealth Options For Parent Coaching

If potty training isn't going smoothly, we offer telehealth coaching to help troubleshoot issues and create a plan that works for your child.



Try **scheduled potty breaks** every 1-2 hours instead of waiting for your child to ask. Praise effort, even if they don't go!



You're Not Alone- We're Here to Help

Toilet training is most successful when all the pieces are ready for training—your child's body, mind, and environment. This can be overwhelming and we are here to help identify when the time is right!



Let's Work Together!

If potty training has been a challenge, we can help. Contact us to learn more and schedule an appointment.