



THE DOT PARENT



DML Developing Mindful Lives & The DOT Parent

Early Intervention Program
Parent Education
Personal/Family Coaching

Aminta Pootaraska & Celina Aguilar
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www.thedotparent.com (747)237-0106



Cultural
&
Personal
Beliefs .

Potty Training & SED

- What do children need?
 - Attachment
 - Sense of belonging
 - Self-regulation
 - Security
 - Contribution & Collaboration
 - Adaptability



Elements of Potty Training

Developmental Stages * Signs of Physical/Sensory & Emotional Readiness * Attention Span & Behaviors

Crawling and walking



3 months



6 months



9 months



12 months



15 months



18 months

Stages & Milestones

What to Consider?

- Developmental ages vs Chronological ages
- Learning Styles
- Temperament
- Development Domains



Signs of Physical/ Sensory & Emotional Readiness

- No longer wants to wear diaper
- Fewer wet diapers
- Goes to a particular spot to eliminate
- Willingness to use the toilet
- No tears/no resistance
- Easy transitions/they collaborate with the process.
- They tolerate the sensory experience
- Imitate a parent
- Point to body parts
- Desire for independence





Not READY

Signs of Concerns:

- Fear of going into a bathroom
- Frequent wet diaper
- Not ready to stop wearing a diaper
- No words or sign to communicate discomfort
- Fear of the actual toilet
- Anxiety of loud noises
- Fear of self-flushing toilets
- Not familiar with the process
- Constipation or other discomfort
- Sensory triggers (touch, smell, visual & auditory)
- Limited motor skills
- Limited thinking and language skills.

Tips to Beginning The Process

- Set up the right time to start
- Begin where your child is comfortable and successful
- Validate feelings & emotions
- Monitor frequency & consistency
- Offer transitions according to learning styles (visual-auditory or tactile)
- Respond vs Reacting to your child's progress. Activate your empathy!



Tips to Beginning The Process

- Describe your child's behaviors to develop awareness of the process. (DNA)
- Run a sensory environment check (such as lighting, sounds, textures..)
- Follow your child's lead/being in tune with your child's needs.
- Give one sept at a time/limit verbal cues
- Use sign language/visual cues
- Have a toilet kit ready (objects to support the process)
- Watch your child's diet and feeding time
- Facilitate a visual chart to organize routine



Make it Fun & Supportive
Avoid Drama

OWL (Observe-Wait-Listen)
Create conversations Not
Lessons.



Video Clip



PDA

Positive
Descriptive
Acknowledgment

Support their SED

- Build their confidence/self-esteem
- Praise/recognize every effort with a PDA
- Avoid stickers or tangible rewards
- Celebrate success with emotional meaning (reading favorite book, dancing, painting, visiting a special place etc.)
- Talk with others about their success
- Make their progress visual have them participate to complete the chart.
- Avoid threats



Support Your Child!

IN A FAMILY
love
IS SPELLED
T·I·M·E



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Make this a loving process
vs a stressful process

It is up to YOU!

THIS IS TO CERTIFY THAT

Name

**IS OFFICIALLY POTTY
TRAINED**

Signature



Date

Yes!
We Can



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