

WAYLON'S

# Potty Learning Caregiver Guide

& detachable daily practice plan



**Listen • Tell • Sit • Try • Wash • Celebrate**

*The goal is growing body awareness, communication, and confidence—not perfection on a deadline.*

# 1. Start Here: Ready, Set, Support

## What readiness can look like

Look for a cluster of skills—not a birthday or a single “perfect” sign.

- Stays dry for a stretch or has somewhat predictable bowel movements.
- Notices wet/dirty clothing or pauses, wiggles, gets quiet, hides, or holds his tummy.
- Can walk to the bathroom, sit briefly with support, and help push clothing down or up.
- Understands simple one-step directions and can signal “potty,” “help,” or “all done.”
- Shows curiosity about the bathroom or wants to imitate grown-ups.

## Set up for success

- Keep a child potty or secure toilet insert and sturdy footstool available. Feet should feel supported.
- Choose easy clothing: elastic waist, roomy pants, no tricky fasteners.
- Place the body-signal cards where play happens and the routine cards in the bathroom.
- Use the same short phrases across caregivers. Keep wipes, clean clothes, and a bag ready without fanfare.

## Our success definition

A success can be telling, walking to the bathroom, sitting, trying, completing a step, or calmly helping after an accident. Pee or poop in the potty is one success—not the only one.

## 2. Potty Stop Practice Plan

### The rhythm

Offer predictable chances without turning the whole day into bathroom talk. Start with the natural transitions below and adjust to Waylon's patterns.

| WHEN                                     | GROWN-UP CUE                               | WHAT COUNTS                            |
|------------------------------------------|--------------------------------------------|----------------------------------------|
| <b>After waking</b>                      | "Let's make a quick potty stop."           | Tell, walk, sit, or try.               |
| <b>Before leaving</b>                    | "Potty stop, then boots."                  | A brief calm check-in.                 |
| <b>After meals / when signals appear</b> | "Your body may be talking. Potty or help?" | Using a word, card, gesture, or going. |
| <b>Before bath or pajamas</b>            | "Let's finish our routine."                | Any completed step.                    |
| <b>Before sleep</b>                      | "One calm try, then story."                | No pressure to produce.                |

### A calm sit

Invite—do not force. Keep the sit short (for example, one brief song or a short book). Say "All done" and move on if Waylon declines or becomes upset.

### Track the pattern, not the score

For one week, jot down when Waylon naturally pees or poops and which body signals appear first. Use that information to time invitations; do not display accident totals.

### 3. Words That Build Confidence

|                          |                                                                  |
|--------------------------|------------------------------------------------------------------|
| When you notice a signal | "I see your body getting quiet. Is your body telling you potty?" |
| When he tells you        | "You listened and told me. Let's go together."                   |
| When he sits or tries    | "You sat and tried. That is how your body learns."               |
| When nothing happens     | "Nothing came this time. Your calm try still counts."            |
| After a potty success    | "You listened, went, and finished your steps!"                   |
| When he says no          | "You're not ready right now. I'll help you check again later."   |

#### Keep language neutral

Use "pee," "poop," "wet," "dry," "clean," and "comfortable." Avoid "big boy," "baby," "bad," "yucky," teasing, bargaining, or comparisons.

#### Offer two acceptable choices

"Little potty or toilet seat?" • "Walk or hold my hand?" • "Truck book or one song?" Choices support control without making the bathroom optional forever.

## 4. Accidents, Resistance & Big Feelings

### Accidents are information

Say: “Your pants are wet. Pee came out. Let’s get clean and comfortable.” Help Waylon change, invite simple participation, and return to play. Skip lectures, visible disappointment, and punishment.

### If Waylon resists

- Lower the pressure. Offer fewer reminders and make invitations predictable.
- Check comfort: cold seat, loud flush, unstable feet, bright lights, echoes, fear of falling, or difficult clothing.
- Let him practice one step at a time while fully clothed: enter, sit for one breath, flush from a distance, wash.
- If distress grows, pause active practice for several days while keeping calm routines and books available.
- Never hold him on the toilet, require a long sit, or withhold affection, food, or play.

### If he hides to poop

Treat hiding as a body signal, not misbehavior. Calmly name it: “Your body may be getting ready to poop.” Offer privacy and a supported potty choice. Persistent stool withholding can lead to constipation; contact his pediatrician if you are concerned.

### Reset phrase for grown-ups

“We are learning. I can stay calm, help with the next step, and try again later.”

## 5. Learn Through Play—and Take It With You

### Six five-minute practices

- Potty Parade: put the routine cards in order and let Waylon be the leader.
- Teddy Takes a Turn: help a stuffed friend sit, wipe, flush, wash, and celebrate.
- Pants Practice: while fully clothed, practice down then up with an elastic waist.
- Washing Song: use the same short song for scrub, rinse, and dry.
- Potty Book Time: reserve one favorite short book for calm sits.
- Away-from-Home Tour: find the restroom shortly after arriving—before urgency.

### Outings

- Pack clean clothes, wipes, bags, a familiar card, and a portable seat if helpful.
- Preview the plan: “First we find the bathroom. Then we play.”
- Offer a calm stop before leaving home and at natural transitions; avoid repeated anxious asking.
- Public toilets can be loud. Warn before flushing, cover an automatic sensor if needed, and allow distance.

### Naps and nighttime

Sleep dryness often develops on a different timeline from daytime learning. Protect sleep and bedding, use neutral language, and avoid treating a wet nap or night as a setback.

### Caregiver consistency

Choose the same three phrases, the same routine order, and the same response to accidents. Share observations privately—never discuss Waylon’s accidents where he can feel evaluated.

## 6. Comfort, Constipation & When to Call

### Watch for constipation

Hard, dry, lumpy, difficult, or painful stools—and fewer than two bowel movements a week—can be signs of constipation. Withholding may look like stiffening, tiptoe standing, hiding, or refusing to sit.

### Pause pressure and call the pediatrician

- Waylon has pain with pooping, repeated withholding, or constipation that worries you.
- Symptoms last more than two weeks or do not improve with home care.
- Seek prompt medical care for rectal bleeding or blood in stool, bloating, constant abdominal pain, vomiting, or weight loss.
- Ask before using laxatives, suppositories, or enemas. This guide does not replace medical advice.

### Comfort supports learning

Offer regular meals and drinks, active play, a relaxed bathroom opportunity after meals, and secure foot support. Do not turn food or fluids into pressure or use treats as the main reward.

### Trusted source

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK): Constipation in Children

<https://www.niddk.nih.gov/health-information/digestive-diseases/constipation-children>

# 7. One-Week Caregiver Notes

## What to notice

Use this page to find patterns and supports—not to grade Waylon. Record a few neutral observations, then adjust timing or environment together.

| DAY / TIME | BODY SIGNAL | INVITATION | WHAT HELPED | NEXT IDEA |
|------------|-------------|------------|-------------|-----------|
|            |             |            |             |           |
|            |             |            |             |           |
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|            |             |            |             |           |

## Weekly reflection

Which signal appeared first? Which time of day felt easiest? Which phrase or support helped? What is one small adjustment every caregiver will use next week?

## Remember

Waylon is not giving anyone a hard time—he is learning a complex body skill. Connection, comfort, repetition, and time are the curriculum.