

How Do I Start Potty Training

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SUMMARY

The discussion focuses on the process of potty training, emphasizing the importance of helping children become aware of their bodily signals rather than solely concentrating on the outcome of using the potty. Parents are encouraged to create a relaxed environment that fosters understanding and ownership of their body.

- *Potty training should focus on the process rather than just the outcome.*
- *Creating a pressure-free environment helps reduce resistance from children.*
- *Introducing potties at a young age can normalize the experience.*
- *Parents should model awareness of their own bodily signals for children to observe.*
- *Allowing children to watch and participate in the process can enhance comfort and understanding.*
- *Recognizing bodily feelings is crucial for children to learn when to use the potty.*
- *The journey involves several steps: recognizing the feeling, walking to the potty, sitting down, and releasing.*

So, we are like starting to talk about potty training her. >> Mhm. What I've heard is lock yourself in the apartment for 3 days, let them run around naked. I'm like, I don't really have time to do that. >> [laughter] >> Is that really the best way? >> We all focus on like peeing and pooping in the potty. >> Yeah. But it's important that is the result of a process. And a parent's job is to focus on the process because the more we even focus on the outcome, kids get really resistant cuz it's kind of the one area of life they can control and they're like, "Whoa, stay in your lane." Yeah. The thing that I would do at a young age is I would just put some potties out.

>> Mhm. No pressure. Get the ones on the floor. >> Yeah. Mommy has a toilet where I can have my feet on the ground and you have a toilet where you can have your feet on the ground. Same same. The biggest thing about the process that we want kids to learn is increased awareness of their body sign. >> Mhm. It's a way of saying to your kid, "You are the owner of your body." Mhm. >> You know your feelings best.

>> Yeah. >> And so starting to say around her, "Mommy has that feeling. Oh, I think it's that feeling where I have to pee. Mhm. Let me check." Mhm. She can watch you go to the bathroom Yeah. >> comfortable. I say let her come in. Sit. Don't pee right away. Yeah. Because that's not how it looks like for kids. Oh, is that Do I have to? Yeah. >> No. Oh, wait. Let me wait a little long.

Oh, I did. Yeah. >> I'm peeing. It seems silly, but the arc of I'm recognizing a feeling. Yeah. >> That means I have to walk to the potty. Now I have to sit. Then I have to figure out how to release it. It's all about understanding your body.