

# SCHEDULED POTTY SITS 101

## 1 FREQUENT

Schedule regular potty sits each day. The best time to schedule a potty sit is after your child eats so common potty sit times are after breakfast, lunch, dinner, and snack. Scheduling in about 4 potty sits each day give your child lots of opportunities for "accidental successes" and reduce avoidance behaviors. Set an alarm or have a daily schedule to cue each potty sit.

## 2 TIME

Potty sits should be between 5 and 10 minutes. If your child has not urinated or had a bowel movement after 10 minutes, it is unlikely that they will so sitting for longer is likely not helpful. Set an alarm on your phone or have a timer in the bathroom so your child knows when the potty sit is complete.

## 3 POSTURE

Make sure your child is sitting upright with their feet resting flat on the ground and their legs at a 90 degree angle. This positioning makes it more likely that your child will have a successful bowel movement without pain. If your child's feet can't touch the ground, having a stool or squatty potty are helpful.

## 4 PRAISE

Giving positive attention and praise to your child will reinforce appropriate toilet sitting behavior. You want to give specific labeled praise, which means you want to tell your child WHAT you are proud of them for. Here are some examples of praises you can give your child:

"Thank you for coming to the bathroom the first time I asked."

"Great job sitting so nicely on the toilet!"

"Awesome job doing all 4 of your scheduled potty sits today!"