

# 8 Potty Tips

for Preschool Teachers



Preschool is **prime time** for children to start withholding poop and pee, habits that become deeply ingrained and trigger almost all cases of bedwetting and accidents.

## Teaching the Toilet

8

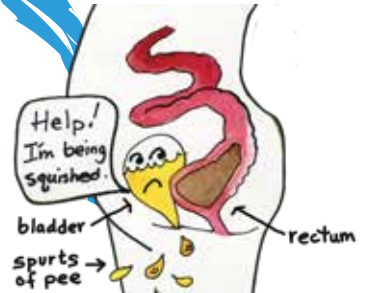
**Teach that accidents are never a child's fault!**

Always show compassion. Never blame or shame.

1

**Explain what happens when you hold poop.**

Poop piles up, forming a big lump that squishes the bladder and can push pee out. Also, poop accidents can happen.



2

**Explain that holding pee upsets the bladder.**

The bladder can hiccup and leak without warning!

7

**Have children poop with feet on a tall stool.**

In the squatting position, poop comes out more easily.



3

**Have children sit on the toilet about every 2 hours.**

Notice whether they pee and inform parents.

**Teach good pooping posture.**

Lean forward, elbows on knees. Boys should sit to pee.

6

4

**Watch closely for signs of constipation.**

- pee or poop accidents
- extra-large poops
- pellet or log poops
- stomachache
- urgent or frequent need to pee
- itchy bottom
- underwear skid marks



5

**Teach that healthy poop is mushy.**

Like soft-serve ice cream, not pellets or logs.

