

Parents Education  
Week of 5/4/2020 – 5/8/2020

## Dealing with Sibling Fights



We all know that after spending some much time together at home there is a lot of chance for kids to start fighting. Dr. Pamela Varady is a Child and Adult Psychologist and sought-after parenting expert, gives you some advice in this video about “[How to Deal with Siblings Fights](#)”.



In this other video “[Dealing with Sibling Fights](#)” Dr. Laura Markham of [ahaparenting.com](#), talks about how parents can help children to get along with each other. And the importance of helping siblings to bond together from early ages.

## Ready Rosie at Home



### Healthy at Home:

#### A Toolkit for Supporting Families Impacted by COVID-19

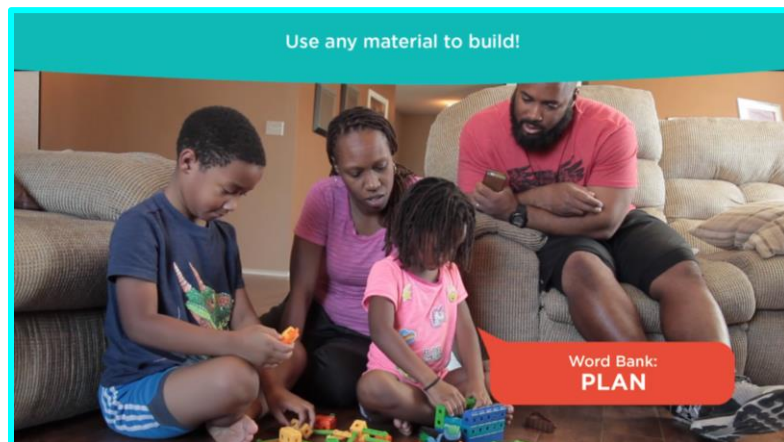
With the growing impact of the COVID-19 virus, ReadyRosie is developing this free toolkit as a resource to support families with information and resources for supporting the children in their care.



**También pueden encontrar esta información en español.**

## • Solving problems

Children are born problem-solvers! As they grow older and experience new challenges, they get better at selecting ways to solve their problems. Play gives children many opportunities to solve problems. Explore these fun problems with your child today!



<https://app.readyrosie.com/en/videos/796>

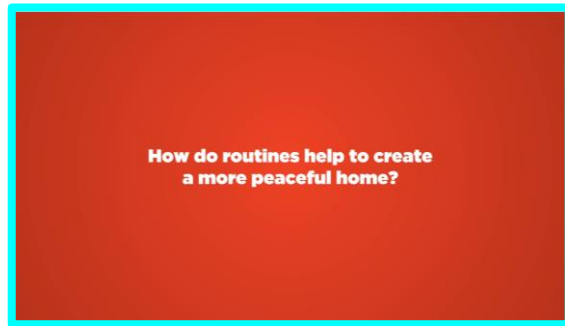
Encourage your child to use any materials to build a house that will hold a favorite toy. Talk together about your child's plan before and during the building process. What should be built first? How tall does the house need to be? Does the house need a door or a window?

### **Why It's Important**

Learning new skills and concepts can be challenging, and your child will likely make mistakes along the way. We don't want our children to give up just because something is hard. Children who are able to learn from their mistakes and continue to try even when things aren't working out will be more successful and confident learners.

## **• How do routines help to create a more peaceful home?**

Routines are important for children and also for adults. They help us feel safe, secure, and prepare us for what is coming next. When a crisis disrupts our routine, it is good to talk about how that makes us feel. We can think about when and how we will eventually get back to that routine. We can talk about when and how we will get to our routine. However, maybe we won't be able to get back to that same routine. If so, let's talk about a new routine that we can establish that will help everyone to feel better.



<https://app.readyrosie.com/en/videos/871>

## **• How can boredom be a positive thing for my child?**

Boredom is a really great thing for all of us! When we're bored, we ask, "What can I do?" For young children, this is an opportunity for them to independently explore. They learn to be curious and creative within their environment. This is wonderful for their brains and their bodies too! Ultimately, boredom is better for their development than being overscheduled



<https://app.readyrosie.com/en/videos/865>

## Fun Projects at Home

# Make Safe Paint at Home



1. Have your child help you measure out the dry ingredients above and place it in the bowl.
2. Add food color drops into water or divide the mixture into separate mini portions for multiple color from one batch.
3. Have them whip the mixture till it's smooth.

### Experiment making other fun colors:

**Red & Blue = Purple / Red & Yellow = Orange / Blue & Green = Turquoise**



# Paper Plate Ring Toss



## Materials:

- Markers or Crayons
- Scissors
- Paper plates (As many as you want to make)
- Water bottle or tall cylinder item weighted down (spray can, paper towel holder)

## Directions:

1. Cut out a circle in the middle of the paper plate (You can follow the imprint in the center of the plate).
2. Decorate the outer ring with color marker, stickers, give it your own flair.
3. You can play this activity indoors or outdoors.
4. Goal is to toss your ring around the water bottle or object your using.
5. You can add points to each ring 5,10, 15 and so on or each color is a player.



## Article

# Toilet Training

*Reviewed by:* [Mary L. Gavin, MD](#)

Full Article: <https://kidshealth.org/en/parents/toilet-teaching.html>

**En español:** [Aprender a usar el inodoro](#)

### When Are Kids Ready to Toilet Train?

Many parents are unsure about when to start toilet training or "potty training." Not all kids are ready at the same age, so it's important to watch your child for signs of readiness, such as stopping an activity for a few seconds or clutching his or her diaper.

Instead of using age, look for signs that your child may be ready to start heading for the potty, such as being able to:

- follow simple instructions
- understand and use words about using the potty
- make the connection between the urge to pee or poop and using the potty
- keep a diaper dry for 2 hours or more
- get to the potty, sit on it for enough time, and then get off the potty
- pull down diapers, disposable training pants, or underpants
- show an interest in using the potty or wearing underpants

Most children begin to show these signs when they're between 18 and 24 months old, though some may not be ready until later than that. And boys often start later and take longer to learn to use the potty than girls.

There are some times when you may want to put off starting toilet training, such as:

- when traveling
- around the [birth of a sibling](#)
- changing from the crib to the bed
- moving to a new house
- when your child is sick (especially if [diarrhea](#) is a factor)

## **How Long Does Toilet Training Take?**

Teaching a toddler to use the potty isn't an overnight task. It often takes between 3 and 6 months, but can take more or less time for some children. If you start too soon, the process tends to take longer. And it can take months to even years to master staying dry at night.

## **Potty Types**

The two basic potty options are:

- a standalone, toddler-size potty chair with a bowl that can be emptied into the toilet
- a toddler-size seat that can be placed on top of a toilet seat that will let your child feel more secure and not fear falling in. If you choose this, get a stepping stool so your child can reach the seat comfortably and feel supported while having a bowel movement.

It's usually best for boys to first learn to use the toilet sitting down before learning to pee standing up. For boys who feel awkward — or scared — about standing on a stool to pee in the toilet, a potty chair may be a better option.

You may want to get a training potty or seat for every bathroom in your house. You may even want to keep a potty in the trunk of your car for emergencies. When traveling long distances, be sure to take a potty seat with you and stop every 1 to 2 hours. Otherwise, it can take too long to find a restroom.

## **About Training Pants**

Disposable training pants are a helpful step between diapers and underwear. Because kids' nighttime bladder and bowel control often lags behind their daytime control, some parents like using training pants at night. Others prefer that their child use training pants when they're out and about. Once the training pants remain dry for a few days, kids can make the switch to wearing underwear.

But some people think that disposable training pants might make kids think it's OK to use them like diapers, thus slowing the toilet-teaching process.

Ask your doctor if your child would benefit from using disposable training pants as a transitional step.

## **Tips for Toilet Training**

Even before your child is ready to try the potty, you can prepare your little one by teaching about the process:

- Use words to express the act of using the toilet ("pee," "poop," and "potty").
- Ask your child to let you know when a diaper is wet or soiled.
- Identify behaviors ("Are you going poop?") so that your child can learn to recognize the urge to pee and poop.

- Get a potty chair your child can practice sitting on. At first, your child can sit on it wearing clothes or a diaper. When ready, your child can go bare-bottomed.

If you've decided that your child is ready to start learning how to use the potty, these tips may help:

- Set aside some time to devote to the potty-training process.
- Don't make your child sit on the toilet against his or her will.
- Show your child how *you* sit on the toilet and explain what you're doing (because your child learns by watching you). You also can have your child sit on the potty seat and watch while you (or a sibling) use the toilet.
- Establish a routine. For example, you may want to begin by having your child sit on the potty after waking with a dry diaper, or 45 minutes to an hour after drinking lots of liquids. Only put your child on the potty for a few minutes a couple of times a day, and let your child get up if he or she wants to.
- Have your child sit on the potty within 15 to 30 minutes after meals to take advantage of the body's natural tendency to have a bowel movement after eating (this is called the gastro-colic reflex). Also, many kids have a time of day they tend to have a bowel movement.
- Ask your child to sit on the potty if you see clear clues of needing to go to the bathroom, such as crossing legs, grunting, or squatting.
- Empty a bowel movement (poop) from your child's diaper into the toilet, and tell your child that poop goes in the potty.
- Avoid clothes that are hard to take off, such as overalls and shirts that snap in the crotch. Kids who are potty training need to be able to undress themselves.
- Offer your child small rewards, such as stickers or time reading, every time your child goes in the potty. Keep a chart to track of successes. Once your little one appears to be mastering the use of the toilet, let him or her pick out a few new pairs of big-kid underwear to wear.
- Make sure all caregivers — including babysitters, grandparents, and childcare workers — follow the same routine and use the same names for body parts and bathroom acts. Let them know how you're handling toilet training and ask that they use the same approaches so your child won't be confused.
- Praise all attempts to use the toilet, even if nothing happens. And remember that accidents will happen. It's important not to punish potty-training children or show disappointment when they wet or soil themselves or the bed. Instead, tell your child that it was an accident and offer your support. Reassure your child that he or she is well on the way to using the potty like a big kid.



## Common Toilet Training Problems

Many kids who've been using the potty have some trouble during times of stress. For example, a 2- or 3-year-old dealing with a new sibling may start having accidents.

But if your child was potty-trained and is regularly having problems, talk with your doctor.

Talk to your doctor if you have any questions about toilet training or your child is 4 years or older and is not yet potty trained.

**Reviewed by:** [Mary L. Gavin, MD](#)

Date reviewed: March 2019

## Apps for Potty Training at Home

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|  <p><a href="#">iTunes/GooglePlay/Amazon</a></p>                  | <p><b>Potty Time with Elmo</b><br/><i>Sesame Workshop</i></p> <p>Kids listen when Elmo speaks, so when he explains the importance of using the potty and washing your hands, you better believe they pay attention. This app comes with an interactive story, potty-themed songs, a few games, and a progress chart that kids can fill out.</p>            |
|  <p>PBS KIDS</p> <p><a href="#">iTunes/GooglePlay/Amazon</a></p> | <p><b>Daniel Tiger's Stop &amp; Go Potty</b></p> <p>If your kids hate the fact that they have to stop playing to go pee, Daniel Tiger can help. Daniel Tiger and his friends star in a series of games and, when the characters start to wiggle, kids can tell them to stop and go to the potty, flush, wipe, and wash hands before returning to play.</p> |
|  <p><a href="#">iTunes/GooglePlay</a></p>                        | <p><b>Potty Time Training. Two Little Hands</b></p> <p>If your kids need to hear it from a higher authority, you can set this app so that they get a FaceTime-like "call" from a friendly host named Rachel Coleman when it's time for them to go potty. Bonus: Coleman does everything in sign language, too!</p>   |