How Rainbows Use Pulls Ups:

Once your child is trying the toilet we like to have them make the switch into wearing Pull Ups. At this time, we focus on making potty training and diaper changes their responsibility. When they are in diapers the responsibility is for us to change them, but pull ups are a time for them to be in charge. They are to be in charge of changing into their Pull Ups on their own. The goal is to create more independence in the bathroom to help guide them through the potty training process.

Directions:

* Ask child if they are wet or have poop.
* Double check and confirm if they have pee or poop in their Pull Up.
* If BM, then we put them on the changing table to remove and clean them.
* If pee, they are to take off their own Pull Up and throw it away.
* They are then asked to try to go potty on the toilet.
* When they are finished we asked if they went pee or poop. We ask if they made the water yellow, meaning pee.
* If they were unable to go, we let them know that they tried and can try and again next time.
* If they go, we celebrate with them.
* If they have a BM in the toilet we have them wipe first, then finish letting them know if they were able to get it all off or not.
* After they try potty, we hand them a clean Pull Up to put on themselves.
* They are to take off their shoes and pants, put on the clean Pull up, pants and shoes by themselves.
* Once redressed they wash their hands.

In using this process the kids learn not only that they are in charge of changing themselves, but the self-dressing skills needed for the potty training process. When making the switch to underwear the kids will be in charge of changing themselves after any accidents, except for the cleaning up of BMs of course. Potty training is a process and takes time and patients. Good Luck!