

## POTTY TRAINING... A REWARDING EXPERIENCE

### Magic Reward Potty Step Stool

Dear Parent,  
Potty training can be a challenge for you and your child. The Magic Reward Potty Step Stool is specially designed to ease baby's transition from diapers to the family toilet. It has fun rewards to encourage success and special features for extra versatility. The following pages explain how to use the potty seat and offer step-by-step pointers for potty training as well as helpful tips from parents and pediatricians.



# LET'S BEGIN!

## Something new to discover



The potty seat should be special to a child -- a small piece of furniture that he/she considers his/her own. Give your child time to become familiar and friendly with the seat. Allow him/her to sit on the seat (with clothes on) while you read a story or play a game. Don't bring up the subject of a BM or urinating for now; sitting on the seat should be a fun, voluntary activity. The Magic Reward Potty Step Stool features a sturdy base that allows a child to get on and off with ease. In addition, it is built at a height that allows the child's feet to rest flat on the floor for added leverage and a feeling of security.



## First lessons



Once your child becomes comfortable with the seat (in about a week) you can explain its purpose. To avoid confusion, use the same words each time when talking about the process of potty training. Ask if he/she would like to sit on the potty seat with the diaper removed (particularly if it is at a time when he/she is likely to have a bowel movement). To stimulate interest, have an older sibling or mom or dad demonstrate how to use the potty. Encourage your child to sit on the seat, but never force him/her to sit; if your child resists, drop the training for a short time. At first, have your child try the seat once a day. Also, as soon as your child has a bowel movement in the diaper, request that he/she sit on the seat, then show the movement to him and explain that big people sit on the toilet seat to have a BM. Do not flush the contents down the toilet with your child in the room; he/she may be frightened or disturbed by this. If, after a couple of weeks, your child has not had a BM or urinated into the seat, stop the training for a couple of weeks. Be sure to start up again in a gentle, supportive manner.



## Ready to go



When your child appears to have an active interest in potty training, you can try to have him/her sit on the seat several times a day. The best time for this is when you have an indication from your child of the need to urinate or have a BM. For added encouragement, have an older child demonstrate using the toilet. During this time, it might be helpful to have your child wear clothing that can be removed quickly and easily. Avoid clothing that opens in the back, or has lots of buttons, ties or snaps. The extra time spent removing clothing such as overalls could mean the difference between your child successfully using the potty seat and not making it in time.

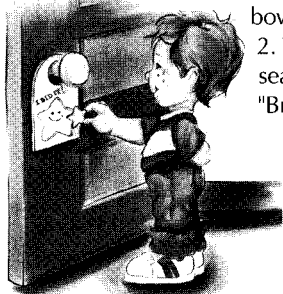
## Rewarding success



If your child has a BM or urinates while on the potty seat, he/she should be praised and rewarded. The Magic Reward Potty Step Stool offers two rewards for a child who has achieved success using the potty seat:



1. When your child urinates into the potty seat bowl, he/she has the treat of seeing the design on the bottom of the bowl instantly change from a target to a star.
2. When your child successfully uses the potty seat, place a small star on the front of the big "Bravo!" star for positive reinforcement.



## Keeping clean



To teach your child proper hygiene right from the start, have him/her learn to hand wash after using the potty seat. To help facilitate this, fold down the lid on the potty seat so that your child can use the seat as a step stool, allowing her to step up to the sink at wash time.



## The bare necessities



Once you become convinced that your child is ready to go by himself/herself, you can remove his clothes from the waist down (if he/she is willing) while he/she plays, and place the potty nearby. Explain to your child that the potty seat can be used whenever he/she is ready to go.

## Night-night

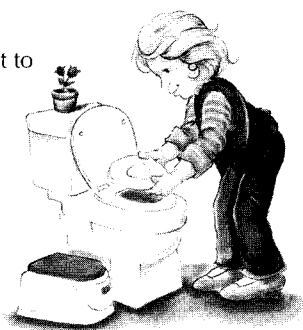


Nighttime training comes next. It should occur after a child has been able to keep dry for long periods, and is able to wake up with a dry diaper. There isn't really much a parent can do in terms of providing actual training. The right time to allow a child to go to sleep at night without a diaper will be determined by the pace at which the child's bladder matures. The more mature the bladder, the longer a child can go without involuntarily wetting.

## Stepping up to the family toilet



Eventually, your child will want to use the family toilet. To help ease the transition from potty seat to family toilet, the seat ring on the Magic Reward Potty Step Stool is removable and can be placed on the seat of the family toilet. At this point, the potty seat can be used as a stool so your child can step up to the big toilet more easily.



## Nobody's perfect

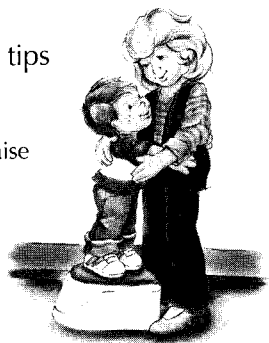


Be aware of the possibility that your child may be unable or unwilling to urinate away from home. To avoid this problem, try to get your child used to urinating in different locations at an early age. Keep in mind that a child may, for a time, be more comfortable wearing diapers or pull-ups away from home. Sometimes, boys may resist the idea of urinating standing up. This need not be an issue; eventually they'll understand what to do as they watch their father or older brother. When it comes to potty training, always remember that there is no such thing as perfection. Along the way to bathroom independence, there are sometimes setbacks to go along with the victories. Accidents are nearly inevitable. Things such as a change in routine, illness and travel can cause a child to regress. Do not reprimand your child for accidents; reassure him or her that improvement will come in time. Good Luck!

## TIPS FROM THE EXPERTS

Here are some additional potty training tips from parents and pediatricians.

- Give your child hugs, applause and verbal praise for successfully using the potty seat.
- Reward successes with a favorite snack, toy, stuffed animal, etc.
- In addition to using people as potty training role models, try a wetting doll. Place it on the potty to demonstrate how it's done, or have your child show the doll what to do.
- Take advantage of all the resources available about potty training. Consult your pediatrician, books, videos and educational toys.
- Set a timer to go off every half hour so that you and your child remember to visit the potty seat.
- During the later stages of training, you may try having your child wear underpants instead of pull-ups. This way, if an accidental urination occurs, your child will more readily be aware of being wet and might better understand when to use the potty.



## The Magic Reward Potty Step Stool offers:

- **AN INSTANT REWARD...RIGHT BEFORE YOUR EYES!**  
The image on the bottom of the bowl instantly changes from a **target** to a **star** when your child successfully uses the potty seat. Note: After using the potty seat, you can quickly change the design from star to target by pouring cold water into the bowl. Also, if the room in which the potty seat is located is very warm, it may be necessary to pour cold water into the bowl to make the target reappear.
- **A COLORFUL "BRAVO!" STAR**  
Hang the special "Bravo!" star on a doorknob in or near the bathroom. Peel a star from the sticker sheet and place it on the "Bravo!" star to reward your child for using the potty seat. Watch the number of stars grow!



- **A TODDLER STEP STOOL**



Simply fold the lid down to change the potty seat into a convenient toddler step stool that makes it easier for children to step up to the sink for hand washing.

- **A REMOVABLE SEAT RING**

As a child progresses, the potty seat ring can be removed and fit onto the family toilet seat to help smooth the transition.

### WASHING INSTRUCTIONS



Wash the Magic Reward Potty Step Stool before first use. It is also important to clean this product thoroughly after each use. Wash plastic parts in warm, soapy water with a mild, non-abrasive surface cleaner. Rinse thoroughly. Do not place in dishwasher.

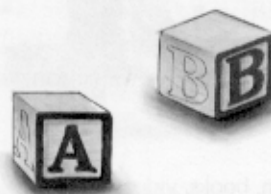
## TO ASSEMBLE...

1. Remove feet and deflector from runner frames.
2. Flip potty seat over. Slide the 4 feet onto the posts on underside of seat.
3. Slide tabs on deflector into slots on seat ring. (Deflector is used when training boys. When not using deflector, it can be stored under the bowl in the recessed area provided in the base.)

## TO USE...

1. Lift the cover to use the product as a potty seat.
2. After your child uses the potty seat, close the cover so that the seat becomes a step stool. Your child can stand on the stool to reach the sink for hand washing .
3. As a reward for successfully using the potty seat, you can peel a star from the sticker sheet and place it on the big "Bravo!" star.
4. To empty bowl, remove seat ring and lift out bowl.  
(See WASHING INSTRUCTIONS on previous page.)
5. When your child is ready to make the transition to the family toilet, you can remove the seat ring from the potty seat and place it on the family toilet seat to maintain continuity.

## POTTY TRAINING POINTERS: BUILDING BLOCKS TO INDEPENDENCE



The following information is provided as a general guide to potty training. There are many resources available to help determine what methods will work best for you and your child.

## THE ROLE YOU PLAY

- Just like your child, you too must be ready before beginning the task of potty training. It's natural to be a little anxious and, perhaps, uncomfortable about the process. For households with working parents, there is the added burden of not being able to be with your child at all times. It may be best to train your child when you have time off from work or can arrange to work reduced hours. Do not train while other important events are occurring, such as a family move, the arrival of a newborn, the presence of a new care giver or during the holiday season when you may be busy. For the sake of continuity, be sure that everyone helping to train your child is aware of, and employing, the same methods that you are using.
- We recommend that you be patient, calm, comforting and encouraging all the way through your child's potty training. Learning about what's involved in bowel and bladder function from a physical standpoint may help you become more accepting of problems that may arise during the training process. Briefly, the physical maturity necessary to begin potty training begins when a child is voluntarily able to open and close the sphincter muscles (at about 1 1/2 years) *and* can distinguish the feeling that comes before having a BM or urinating.
- Above all, recognize the fact that all children are different. Therefore, the age at which they will be ready for training will vary, as will their physical, emotional and mental responses and progress. Always remember to be supportive during this sometimes difficult process. Be sure to accept accidents as a normal part of training. Finally, keep in mind that there are three things you cannot make your child do: eat, sleep and go to the bathroom.

## IS YOUR CHILD READY?

Between their first and second years, children often exhibit some early indications of toilet training readiness. These include being aware that a bowel movement has occurred or is about to occur, and having an interest in placing objects in containers (a part of using the potty).

By the age of 18-24 months, many children, but certainly not all, will be ready for toilet training. Sometimes boys will be ready a little later, at about 24-30 months.

- Signs of **bowel** readiness include:
  - Having nighttime bowel control
  - Having regular bowel movements
  - Demonstrating some control over elimination function
  - Having the ability to remove and put on pants and to get on the potty seat
  - Being capable of sitting on the potty seat for at least five minutes
  
- Signs of **bladder** readiness include:
  - Being able to stay dry between diaper changes (at least two hours)
  - At least occasionally waking up dry in the morning
  - Keeping dry after a nap
  - Having the muscle control to put off urinating
  
- Signs of **mental** readiness include:
  - Indicating a preference for a dry, unsoiled diaper
  - Having an awareness of a full bladder or bowel
  - Being able to indicate that a BM or urination is about to happen or that a diaper needs changing
  - The ability to follow simple directions
  - An understanding of the words used in the elimination process
  
- Signs of **psychological** readiness include:
  - The ability to cooperate
  - Having an interest in using the potty
  - The desire to imitate an adult or older child using the toilet
  - Wanting to please and enjoying praise
  - An interest in organization and being clean
  - Not indulging in extended tantrums when being instructed