

# C.H.T.Services' Newsletter

Promotes Academic Preparation & Educational Acceleration



## Attempts to match new Sounds

When playing a vocal turn-taking game with the child, introduce a sound you have heard the child make. After he or she imitates it, introduce another sound, one you have not yet heard the child make. For example, the child may be saying, "dadada, bababa, gagaga" and other sounds incorporating a consonant and an "ah" sound and may readily change from one to the other in imitation of you. If so you might introduce one of the same consonants with an "oo" sound (e.g., doo, doo, doo, "boo, boo, boo," "goo, goo, goo"). Pause a while to allow the child time to imitate the sound. Always play these vocal games with a lot of smiling, laughter, and enthusiasm, as though having an interesting conversation.

## Beginning to Use the Potty Chair

### Activities:

If you don't feel that toilet training is important at this time, we can wait until I'm older (say, two-and-a-half or three years old), when I may eventually train myself. But if the following signs suggest to you that I'm ready to begin toilet training, let's

- *I've been able to stay dry for about two hours at a time.*
- *I can understand simple directions.*
- *I am proud of myself when I can do things by myself.*
- *I enjoy imitating my older brother or sister or you.*
- *I am happy when I please you.*
- *I am beginning to notice when I have wet or dirty diapers.*



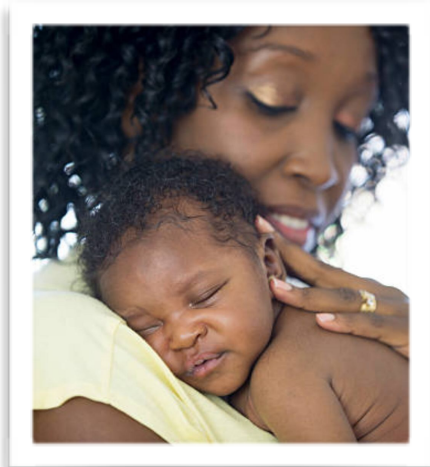
give it a try:

I need you to be calm, casual, and relaxed about toilet training. You might start by letting me watch my brother, sister, or you use the toilet. When you buy my potty chair or seat, let me become familiar with it by looking at it, touching it, and sitting on it before I actually use it. When I first start sitting on the seat, just leave me on it for a few minutes at a time (not more than 5 minutes).



Try to keep me as relaxed and as comfortable as possible when I am sitting on the seat Help me on the seat and keep your hands on me until I become used to sitting on the toilet. While I'm on the seat, we can sing a song or do finger play games.

If I'm not successful at using the potty, do not scold or embarrass me. Praise me when I am successful, though! Use the same words each time so I will learn the terms (for example, "shi-shi," "pee-pee," "tinkle," "b.m.," or "doo-doo"). A good time for success would be if I'm dry after a nap or a night's sleep. Try to catch me by putting me on the potty when I give you signs of wanting to use the potty, or try putting me on it every two hours or so.



It helps me if you take me to the potty casually, rather than rushing me off to it. You can expect that it may take a while before I am potty trained, and that for awhile I'll continue to have accidents.

There are several books for children about using the potty. I might enjoy having you read one to me or look at it with me. Go to the library and ask the librarian to help you find one.

Praise me when I am successful on the potty. Let me know who is proud of me for being so grown-up-you, Grandma, Grandpa, even my favorite TV people and Santa!

Please be patient with me; this can be a trying time for both of us. If this experience becomes too frustrating, let's stop for now and try again in a month or so.

