

## Q&A TIPS FOR TOILET TRAINING TODDLERS AND HELPING CHILDREN NAVIGATE ONLINE LEARNING.

FOR PARENTS



### Q How do I potty-train my 18-month-old child?

Children typically start showing signs of readiness for toilet training between 18 and 24 months. A good marker is when your child's diaper stays dry for at least two hours, which indicates improved bladder capacity and control. Your child will also begin to show awareness of wanting to use the toilet, and can tell you when they are having bowel movements, through facial expressions, postures or words.

To make toileting a positive and successful experience:

- > **Make it part of your routine.** Encourage your child to use the potty every time before showering. Make it fun by reading stories, showing videos on toileting, letting him sit on the potty with clothes on, or pasting his favourite stickers on the potty.
- > **Be patient.** Some children take a longer time to train and may not be fully trained till they are 3½ years old. Do not be discouraged if your child has toileting accidents. If you or the family is going through a stressful period, take a break and try again later.
- > **Celebrate little successes.** Praise your child for taking little steps towards toileting. Use compliments such as "Good job for trying!" or "Well done for using the potty!".

### Q What are some considerations for navigating an online learning environment?

Blended learning is now a common phenomenon in preschool classrooms. Understanding how children learn and their state of mind, as well as knowing how to engage them, is key to navigating a meaningful online learning experience.

Some strategies for effective virtual instruction:

1. **Lean in with compassion.** Everyone — you, the children and their families — is in this together. Be kind to them and yourself. Enjoy designing and conducting the session.
2. **Adopt a growth mindset.** Talk to peers to find out different ways to engage children. Try new things and online engagement tools. Use resources that children can find at home. Get them involved in looking for materials.
3. **Make parents your allies.** Communicate about materials that the children may need to prepare beforehand. Provide a guide for setting up a space to facilitate virtual sessions.
4. **Create a routine and stick to it.** Schedule the session to occur consistently (e.g. Monday mornings for 30 minutes). If you used to sing a song to start the day, keep it going to give children a sense of stability. End the session with something they can look forward to, such as saying "Wear something blue the next time I see you!".
5. **Get children moving.** Get them to move in between short intervals of content delivery to keep them engaged.
6. **Integrate to maximise learning.** Use the opportunity to integrate learning across domains, such as reading storybooks about numbers. Keep the content simple and relevant.

FOR EDUCATORS



**ONG SHU ZHEN** is a Senior Occupational Therapist with the Department of Child Development at KK Women's and Children's Hospital. She has over 10 years of experience working with preschoolers with developmental issues.



**DIANNE SWEE-SEET** is the Principal of Ascension Kindergarten and an ECDA Fellow. She advocates nurturing children holistically, and integrating the development of children's mind and character through creative arts.