

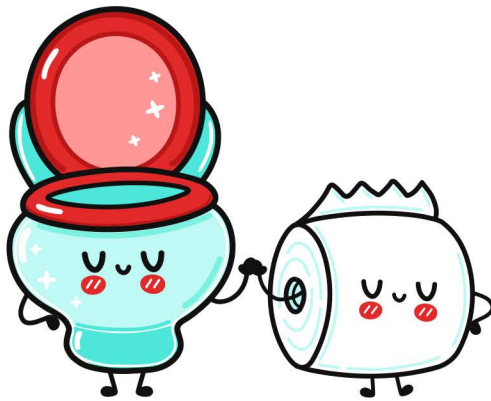


# Newsletter

JANUARY 2023

## OUR MISSION

The mission of the University of Miami Linda Ray Intervention Center is to support and facilitate positive developmental outcomes with high-quality services, thereby improving young children's school readiness, and future student achievement.



## WORRY NO MORE! TOILET TRAINING DOESN'T HAVE TO BE A CHORE

Potty training is a time in a child's life when they gain a sense of independence. It is an opportunity to develop a positive bonding experience between parent and child. While it could be challenging, it does not have to be. Before beginning potty training, it's vital that your child knows the words or signs for standard bathroom terms. It would help if you started talking to your child about using the toilet. When training, you can physically walk them through the steps and/or use a visual or tactile schedule (i.e., communication cards).

If your child is not expressing their need to potty yet, don't worry, as it will come with time and maturity. Throughout the process, it's essential to keep your cool. Accidents are inevitable and fussing over them won't help your child. It is best to focus on the positives and encourage or praise your child when they express needing to go or succeed in using the potty.

## ABOUT US

The UM-Linda Ray Intervention Center is a University-based Multidisciplinary Educational Services Center in partnership with Miami-Dade County Public Schools (MDCPS) and Florida's Early Steps program. We provide early intervention services, diagnostic evaluation, consultation, technical assistance, and pre-service and in-service training for families, teachers, school district personnel, and community support providers concerning children and youth with developmental delays or disabilities, complex medical, emotional, or behavioral problems.



## RESOURCES & SERVICES

- Training
- Direct intervention and consultation services
- Developmental screenings and assessments that help determine each child's needs
- Behavioral support strategies for school and home
- Classroom observations
- Transition planning support and linkages with Head Start, MDCPS, and Pre-K services
- Alternative options for your child's educational needs

## DEVELOPEMNTAL MILESTONES

### 1-2 months:

Bowel movements associated with waking up or after being fed

### 4 months:

Some delay between feeding and elimination (urination and bowel movement)

### 7 months:

You may begin to observe longer periods of dry diapers. This could include 1–2-hour of no elimination

### 18-22 months:

Child may indicate wet pants.

Has an occasional accident

Use the same word for both elimination functions.

### 2 years:

Begin to differentiate between elimination functions.

### 2 ½ years:

Climbs on the toilet by self

Can control bladder for 5 hrs.

### 3 years:

Begins to develop a routine for elimination

### 3 ½ years:

Attempts to wipe self but not successful

### 4 years:

Stays dry at night

### 5 years:

Can use the toilet without assistance

Washes and dries own hand after toileting

One bowel movement a day

\*If your child is not meeting these milestones, please check with your pediatrician or local early intervention center.

## POTTY TRAINING TIPS FOR KIDS WITH VARYING ABILITIES

- Determine what obstacles can impact their learning process.
  - Examples: If the floor is too cold, provide socks. If the flushing toilet is too loud, move away when it flushes.
- Choose a learning method, as you know how your child learns best.
  - Examples: Communication cards, formal routine, or verbal prompting.
- Get clothes with velcro fasteners. They're easier to remove.
- Get a potty with special back and side support.

OR

- Place a kiddy potty in a corner, and that provides back and side support.
- Take it one step at a time.

## POTTY TRAINING BOOKS

- *Poop or Get Off the Potty* by Margaret McNamara
- *Potty* by Leslie Patricelli
- *A Potty for Me* by Karen Katz
- *It's Potty Time: Potty Training Made Easy*

## UPCOMING EVENTS

- January 30th: The Children's Trust (TCT) Book Mobile - Onsite

January 2023							February 2023						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28				

- Teacher Workday
- Recess Day (Closed)
- Legal Holiday

## Location

750 NW 15TH ST  
MIAMI, FL 33136-1431

## Primary Service Areas

Miami-Dade County  
Broward County  
Monroe County

## Contact Us

Tel: (305) 325-1818  
Fax: (305) 325-1151  
Isabel Chica, M.S.  
Executive Director  
ichica@miami.edu

