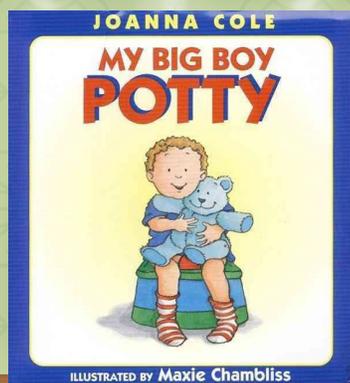


New York State

# BOOK NOOKS



## My Big Boy Potty

This book walks a male child through the process of learning to use the toilet. The book engages and interacts with the child being read to as they ask him questions. The illustrations represent real-life and the story reflects the experiences of learning to use the potty. There are also some simple tips for caregivers on supporting a child through the potty learning process.

**Title:** My Big Boy Potty

**Author:** Joanna Cole

**Illustrator:** Maxie Chambliss

**Publisher:** NY: HarperCollins Publisher

**Date published:** 2000

### Social and emotional skills infants and toddlers can learn through this book:

Toddlers who are ready or almost ready to start using the toilet will have examples of how and what it looks like to use it. They will be able to see the process from start to finish. Toddlers will be able discuss what the children are doing and going through in this book with the adult who reads it to them. This can be a very emotional time for toddlers and they need lots of support and patience to successfully use the potty. Reading this book over and over will not only help them learn the process but help address some of their fears and make them feel more safe and comfortable.

### Social and emotional words this book can emphasize:

wet, dry, pee, poop, potty, toilet, toilet paper, underwear/underpants, accident, proud, wipe.

### Activities to do while reading the book that will help promote social and emotional development:

- Have fun together while reading these books! This is a big topic to toddlers and can become intense very quickly. Use the book to help guide an informative way to support children through this learning process.
- Point out how the characters in the book are similar to the child you are reading with. "Wow, Michael has a bear just like you! Michael wears a diaper just like you!" Help build commonalities so the characters become good models for the child reading the book and help him

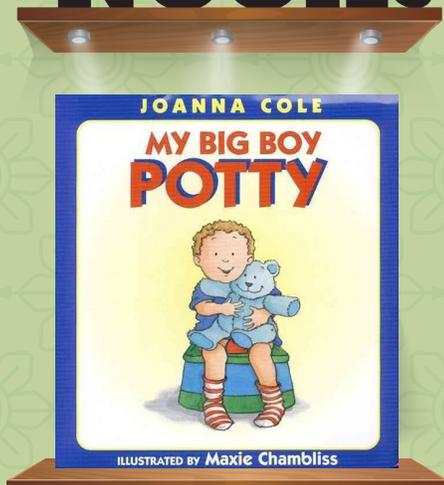
examine the process of using the potty.

- Verbally highlight the steps involved in using the bathroom to help build children's toileting vocabulary. "Michael is peeing in the potty."
- While reading the book help children understand how it physically feels to need to use the toilet.
- Use the book to discuss some of the fears or concerns children may have about using the toilet. Talk about how Michael is always safe on the toilet. Discuss where the pee and poop go after they make it into the toilet.
- These books offer good examples of how accidents happen and how they are not a big deal. Accidents can be cleaned up and fresh, clean underwear can be put on very easily. It takes a long time for children to master using the toilet and accidents should be expected.

### Remember:

Children learn to use the toilet at different ages, some children use the toilet at two years of age, some at three years, some at four years and so on. When children are developmentally ready, they will use the toilet independently. Make sure that children have all of the signs of potty learning readiness before using the toilet. A couple of signs include: the ability and willingness to follow simple directions, knowing when he has urinated or made a bowel movement and being uncomfortable when that happens.

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### Helpful reading for adults:

- For a quick list of potty learning readiness indicators and tips visit: [http://www.cdcccc.org/uploads/tipsheets/1402404807\\_TipsheetPottyTraining.pdf](http://www.cdcccc.org/uploads/tipsheets/1402404807_TipsheetPottyTraining.pdf).
- Another helpful and evidence-based book is: Brazelton, Berry, T., M.D. & Sparrow, Joshua, M.D. (2008). *Toilet Training the Brazelton Way*. NY: Hachette Book Group.
- A quick and tip-filled book for parents and childcare providers: Kinnell, Gretchen (2004). *Good Going!: Successful Potty Training for Children in Child Care*. MN: Redleaf Press.

### Fun for Everyone! Activities to promote social and emotional development throughout the day:

- Have multiple potty learning books available for children to look at and read with you throughout the day. Providing children with the visuals of the process may help them not only learn the process, but normalize it and help with some of the fear and anxiety they may be feeling around using the toilet.
- Make picture charts of the steps of using the toilet and place them near the toilet.

- Use doll houses or similar play items to play potty time with and allow children to walk the dolls through the steps.

### More potty learning books for children:

McGrath, Bob (1996). *Uh, Oh! Gotta Go! Potty Tales from Toddlers*. NY: Barron's.

Katz, Karen (2005). *A Potty for Me!* NY: Little Simon.

Patticelli, Leslie (2010). *Potty*. MA: Candlewick Press.

Satin Capucilli, Alyssa (2000). *The Potty Book for Boys*. NY: Barron's.

Satin Capucilli, Alyssa (2000). *The Potty Book for Girls*. NY: Barron's.

Verdick, Elizabeth (2008). *Diapers Are Not Forever*. MN: Free Spirit Publishing.

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