

the toilet. A freestanding potty chair allows children a feeling of security (Fig. 11-4, A). Planting the feet firmly on the floor also facilitates defecation. Another option is a portable seat attached to the regular toilet, which may ease the transition from potty chair to regular toilet. Placing a small bench under the feet helps stabilize the child's position. It is probably best to keep the potty in the bathroom and to let the child observe the excreta being flushed down the toilet to associate these activities with usual practices. If a potty chair is not available, having the child sit facing the toilet tank provides added support (see Fig. 11-4, B). Practice sessions should be limited to 5 to 8 minutes, and a parent should stay with the child, practicing sanitary habits after every session. Children should be praised for cooperative behavior and successful evacuation. Dressing children in easily removed clothing; using training pants, "pull-on" diapers, or underwear; and encouraging imitation by watching others are other helpful suggestions.