

# the 4 roads to potty time

*for elimination communication*

## 1 Signals

different ways babies tell us they need to pee or poo

- sudden or increased fussiness
- cry or scream
- shift from stillness to movement
- shift from movement to stillness
- squirming or wriggling (especially in bed if co-sleeping)
- for older ages during sleep, crying out, crawling in bed, talking, or flipping head from side to side
- grimace or other concentrated poo face (may look like a smile)
- popping off the breast while feeding; difficulty latching
- grunting or bearing down (may also be done squatting/standing)
- staring off into the distance
- trembling, shaking, hiccuping, yawning, rubbing face or nose, shivering, “talking” or “talking” more loudly
- heavier breathing
- “peenie-weenie” - a partial erection that means baby boy needs to go
- grabbing at genitals, especially if squatting or looking at you or the bathroom
- blowing raspberries (trying to imitate your Cue)
- passing gas (may indicate pee, poo, or both)
- looking at...pointing at...or crawling to ==> you, the potty, or the bathroom
- arching back in or trying to stand in arms (or in carrier...see below)
- “phantom pee” (feels warm but baby hasn’t peed)
- trying to “escape” the high chair, car seat, your lap, or the baby carrier (by standing, arching, etc.)
- trying to remove diaper or grabbing at diaper or underwear
- sudden agitation or hyperactivity

**babywearing signals (in-arms or in a carrier)**

- sudden crying or fussiness
- bouncing
- wriggling
- arching out of the carrier
- feet pushing against you
- “phantom pee” on either side (feels warm but baby hasn’t peed)
- trying to stand up in the carrier

## 2 Natural Timing

patterns unique to your baby, based on

- amount of time after feeding
- amount of time after waking
- and the spacing thereafter

## 3 Transition Times

common times babies generally need to go

- upon waking from sleep
- during a diaper change
- before or after a bath
- after a miss, as baby’s bladder may not have fully emptied
- after taking baby *out of* anything she’s been in for a while (carseat, stroller, baby carrier, jumper, seat, arms, or high chair)
- before putting baby *into* anything she’ll be in for a while (carseat, stroller, baby carrier, jumper, seat, arms, or high chair)

**other pottytunities**

- offer potty before leaving anywhere
- offer potty upon arriving anywhere

## 4 Intuition

- you have a funny feeling that baby may need to go
- the word “pee” or “poo” crosses your mind
- you suddenly imagine baby needing to pee
- you suddenly have to pee yourself
- you smell pee or poo before it comes out
- you have a vivid thought or insistence inside that you are “sure” baby needs to go, or that baby can’t *possibly* need to go again
- you experience another sudden random potty thought
- you swear you just got peed on (feels warm but baby hasn’t peed - “phantom pee”)