

Pasitos School

Guía Semanal ~ Weekly Resource Guide

week 9, day 1

¿Cómo nos movemos?



Consejos Para Padres ~ Parenting Tips

It's never early to start potty training! The idea that children shouldn't start before they are "ready" has its foundations with "readiness" including being able to sit up independently and maintain neck control, typically by six months of age. Over the last five decades "readiness" has been misinterpreted in the U.S. to begin later and later, sometimes with advice including waiting for the child to make his own decision about when he is ready to be using the toilet independently. In many parts of the world today, and for many families in the U.S., children are regularly communicating with their parents or caregiver about their pee and poop (elimination) needs between 12-24 months. Developmentally, children aren't typically fully independent with toileting (wiping, occasional wetting, regression wetting, removing clothes on time, etc.) between the ages of 4-5.

So how can you get started, as young as 6 months old? Get a small potty/*una tacita*. Offer a potty try/*prueba de baño* with every diaper change/*cambio de pañal*. Make a routine for potty tries and start with the easiest. Take your child to sit on the potty upon waking in the morning and after nap. Ask your child to take a potty try before bathtime. A rule for all ages is to have a potty try before you leave the house. Leave the door open when you use the bathroom to help your child understand

that we all use the potty and that's where the pee and the poo go. Earlier potty training helps to reduce incidence of power struggles and normalizes the entire elimination process. Check out the book, [Diaper Free before 3](#), by Jill Lekovic, M.D. for some more advice on how to get started.

Actividades para intentar en la casa ~ Activities to try at home

[Sonajas.](#)

<ul style="list-style-type: none"> ● Cajas ● Botellas ● Arroz ● Tapaderas ● Cinta 	<p>Escoge materiales que no tengan peligro de asfixia: arroz, lentejas, tapaderas medianas, etc.</p> <p>En una caja o botella poner el arroz, lentejas, o material de su preferencia que ayude hacer sonido. Sellar la caja o botella con la cinta, para asegurar que no se salga el material.</p> <p>Poner música para acompañar con la sonajas, al igual dar direcciones como: para arriba, para abajo, a un lado, adelante, para atrás, dar una vuelta.</p>
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[Canciones Para Cantar ~ Songs to Sing](#)

<p>Caminando, caminando (Youtube)</p> <p>Caminando caminando A brincar, a brincar, Corre, corre, corre Corre, corre, corre, Paren ya, paren ya (x 2) De puntillas, de puntillas Saltando, saltando Naden, naden, naden, Naden, naden, naden. A dormir, a dormir Despierten! Es hora de irse, ¿estan listos para ir rápido? Ok Caminando caminando A brincar, a brincar, Corre, corre, corre Corre, corre, corre, Paren ya, paren ya (x 2)</p>	<p>Los niños cuando bailan, by Jorge Anaya</p> <p>Los niños cuando bailan, bailan, bailan, bailan Los niños cuando bailan Bailan con el dedito, con el dedito, ito, ito Así bailan los niños.</p> <p>Los niños cuando bailan, bailan, bailan, bailan Los niños cuando bailan Bailan con el pie, con el pie, pie, pie Con el dedito, ito, ito Así bailan los niños</p> <p>(Repite varias veces, cada vez con una parte nueva del cuerpo.) Con la rodilla, illa, illa Con la cadera, dera, dera Con el mano, mano, mano Con el codo, codo, codo Con el hombro, hombro, hombro Con la cabeza, eza, eza</p>
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