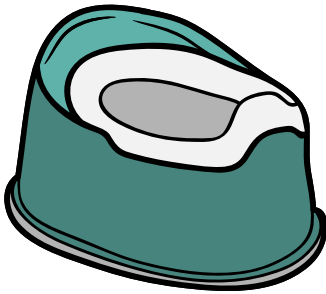


Potty Training

QUICK TIPS TO GET STARTED

Signs Your Child Might Be Ready:

1. Interest in Bathroom: Your child shows curiosity about the bathroom or toilets.
2. Identifying When Soiled: They express discomfort when their diaper is wet or soiled.
3. Ability to Follow Directions: Your child can understand and follow simple instructions.
4. Consistent Dry Periods: They stay dry for longer periods, especially after naps.
5. Independently Pulling Pants Up and Down



General Tips

Keep Positive Energy: High energy creates a positive experience.

Avoid Scolding: Negative experiences can make children avoidant.

Use Positive Reinforcement: Cheer your child on for successful attempts.

Start Slow: Begin with sitting on the potty and gradually transition.

Timed Toileting: Set a timer for every 15 minutes to prompt bathroom breaks.

Transition to Training Underwear: If your child waits until the pull-up is back on to go, switch to training underwear for a sense of wetness.

Encourage Communication: Identify behaviors and provide positive reinforcement.

Extend Time Intervals: Gradually extend intervals between bathroom breaks as your child progresses.

