



## Potty Training

### Getting Started!

- Determine whether or not your child is ready to begin potty training.
- Dress your child in clothes that are easy for them to take off.

### Help your child get use to the potty.

Don't force the issue. If your child doesn't want to use potty, wait for a week and try again. There are many ways of encouraging them.

- Introduce your child to the potty at home, and let them sit on the potty fully clothed so they can get a feel for what it's like. Try this for a few days.
- After that, have your child sit on the potty with no pants or diaper. (The best time to do this is after meals.)
- If your child goes in- or near the potty, be sure to show them how proud you are!

### Help your child feel comfortable.

- Read your child a story as they sit on the potty. (Maybe read them a potty book!)
- Show your child what the potty is for by placing one of your child's BM's inside and then have them flush it.
- Let your child have a little toy to play with while on the potty, if it makes them feel better.
- Have your child wear underwear or training pants. These can help your child feel more grown up. Let them choose a style or color they like.

### Things to remember:

- Every child learns at his or her own pace.
- Try to keep stress level low.
- Watch for frustration.
- Be patient with nighttime training.
- Have your child go potty before bed time.
- \*\*\*Keep their cubbies stocked with at least 2 sets of clothes, which include: socks, underwear, pants/shorts, shirts and 1 extra pair of shoes. Thank you!!

Parent/Guardian signature:

Date:

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