



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:
