



# Potty Training 101

## READY?

**Is your child interested in using the potty?**

**Can she raise and lower her pants quickly by herself?**

**Does he pee only a couple of times a day? (That means baby can hold it!)**

**Do they understand what wet, dry, pants, potty, pee and poop mean?**

**Most important, can your baby understand and follow simple directions like, "Please come here" and "please sit down?"**

## SET?

**If your child shows these signs regularly for 3 months, then it is time to start!**

**It usually happens sometime between 24 and 30 months, but every child is different!**

## GO!

**Let them know everyone goes potty! Leave the bathroom door open while you use the potty and tell them what you are doing. Show your child your pee or poop and show them how to flush.**

**Get into a routine. Go when you get up, go when you leave the house, go before bed. Get to know the times when your child needs to go, so you can help them get to the potty on time!**

**Use a potty chair or toilet ring. If you use a potty chair, put it in the bathroom.**

**For starters, have them sit on the potty chair without a diaper a few times a day. Read them a book or give your child a special toy to play with while sitting on the toilet. Stay with your child while they are in the bathroom. Even if your child just sits there, give them praise for trying.**

**Use positive reinforcement like stickers on a chart or other rewards when they succeed.**

**When you see your child squirming, squatting, or holding their genital area respond quickly! Praise your child for telling you when they need to go!**