



Your Sweet Guide to Painless Potty Training

Sweet and Lyrical Mom

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Your little goober is growing up!

Typically around their second and third birthdays, many children are ready to begin their potty training adventure. This is a stressful time for both parents and children. Try not to be swayed by stories of other children potty training at an early age. The key to successful potty training is readiness. Your little one will show you when they are ready to learn.

Is your child ready?

- Here are some indicators that will let you know your little one is ready to take on potty training.
 - They can understand and say simple words and commands
 - They can sit quietly for four or more minutes
 - Able to stay dry for two hours and wakes up dry after a nap
 - Dislikes wet or dirty diapers
 - Able to tell you he or she is about to go
 - Asks to use the potty
 - Able to pull pants up and down
 - Describes when they pee or poop

Prepare for Potty Training

- Tell your child it is good to have clean and dry diapers
- Allow your child to do independent activities
- Praise your child for independent behavior
- Explain the words 'wet' and 'dry' whenever you change their diaper
- Change diapers in the bathroom and flush poop down the toilet
- Have your child watch (help) you flush the toilet
- Reward or encourage your child when he or she tells you their diaper is wet or full
- Talk about going to the potty
- Show your child how you and others in the family use the potty
- Discuss pee and poop habits in your own friendly terms and use these terms often
- Introduce your child to the potty and explain how it works
- Consider getting your child his or her own special potty
- Have your child sit on their potty while you sit and use the toilet
- Praise your child for sitting on the potty
- Do not initially force your child to sit on the potty
- Make sure your child's clothes are easy to remove - avoid buttons, belts, overalls, etc.

Using the Potty (woohoo!)

- Encourage your child to sit on the potty with his or her clothes on at first to get a feel for the potty
- After a few days or weeks, suggest that he or she sit on the potty without pants or diaper, but don't expect them to do anything just yet.
- If your child leaves the potty without doing anything in it, try not to act disappointed. Just says something like, "We'll try again next time."
- If your child won't sit on the potty for more than a few moments, try giving him or her incentives to sit there, such as letting them play with a toy or eat a snack. But if they won't sit, they won't sit. Don't push too hard.
- Celebrate any success in a small, simple way. Try not to make them feel pressured.
- Make sure you take the special potty with you when going out.

Goodies

- ★ Have your child wear their favorite character underwear so they are less likely to soil them.
- ★ Put bath mats or wee-wee pads under the potty to catch accidents.
- ★ Put a coffee filter in the potty for easy poo clean up.
- ★ Put a cheerio or a colored small piece of paper to use a target for boys.