



TIPS FOR POTTY TRAINING

When should my child start potty training?

Most children are ready to potty train between age two and three. Some signs to look for include: discomfort in dirty diapers, pulling their pants up and down, and understanding or being able to say “need to go.”

How do I get my child to use the potty?

Introduce your child to the potty seat by explaining what it’s used for and how it works. Encourage them to sit on it whenever they want and emphasize that it’s just for them.

What will make potty training easier for my child?

Once your child is sitting on the potty, read or talk to them to help them relax. Don’t pressure your child to sit for more than a few minutes at a time. Be sure to praise their efforts, even when they’re not successful.

How do I get my child to use the big potty?

Once your child has mastered using their potty, use the trainer seat to help make the adult toilet less intimidating and more comfortable. After several weeks of success using the trainer seat, encourage them to use the “big potty” without it.

Additional pointers for parents

To make learning more fun for your child, use games and special rewards as encouragement. Watch and listen for the signs indicating that your child is ready for the next step. You’ll have good days and bad days, but with lots of love and support potty training can be a positive experience for both parent and child.