

# Potty Training: Ready, Set, Go!

Potty training is a big step for both kids and parents. Patience is the secret to success!

Is your child ready to start potty training? If you answer yes to these questions, it is probably time to try.

- Does your child seem interested in the potty chair or toilet?
- Can your child understand and follow basic instructions?
- Does your child tell you through words, facial expressions, or posture when he or she needs to go?

## Tips to help you and your child get started using the potty:

- Choose what words you will use to talk about body parts, urine, and bowel movements. You might dump the contents of a dirty diaper into the potty chair to show its purpose.
- Pick a potty chair and encourage your child to sit on the potty chair with or without a diaper.
- Read a potty-training book or give your child a special toy to use while sitting on the potty chair or toilet. Stay with your child while they are in the bathroom.
- Encourage your child to tell you when they need to use the potty. If your child tells you about a wet diaper, praise them for telling you and encourage them to tell you in advance next time.
- Make regular trips to the potty as part of your child's daily routine, such as first thing in the morning when your child wakes up, after meals, and before and after naps.

Source: American Academy of Pediatrics. Toilet Training Guidelines for Parents.

