

Real Potty Training Tips

Get ready! Potty training takes **PATIENCE — YOURS.**

Most experts agree that the **one key** to potty training success is to let your child decide when he or she is ready.

Most kids are ready between the ages of 2 and 3. Not all of them.

Here's some hints your child may be ready to begin potty training:

- ***Your child runs into the corner and squats to go in his diaper.***
- ***Your child wakes up dry after a nap.***
- ***Your child's diaper stays dry longer.***
- ***Your child tugs on her wet or messy diaper.***

What's Next?

- Put a potty chair in the bathroom and let your child get used to it.

- Start reading potty books together.

- Make sure you dress your child in clothing that is easily removed.

- Sit by your child the first few times until he or she is used to going to the bathroom alone.

When your child begins potty training, teach him how to wash his hands after each time.

This teaches a healthy lifetime habit.

More Tips

Stay calm. Toilet training may take 3 months. It may take more.

- ✓ Remind your child to go potty during the day. Especially first thing in the morning and after naps.

- ✓ Praise your child when he or she uses the potty.

- ✓ Treat accidents casually. Avoid punishing, scolding or shaming.

- ✓ Daytime control usually comes first. It may take your child longer to stay dry through the night. It's OK to wear a nighttime pull-up.

- ✓ If your child is a girl, teach her to wipe from front to back to avoid infections.

Potty Training

Be patient and encouraging.

Don't worry!



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Prevent Child Abuse Rhode Island is a 501 (c) (3) not-for-profit organization whose mission is to keep every child in Rhode Island safe from abuse and neglect through a primary prevention approach of education, advocacy and public awareness activities.



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