

ABCs of Potty Training

Takeaways and Resources

Children learn by repeating things. One of the things they need to learn is taking care of their own bodies. Parents can help them by creating pleasant routines and by teaching them calmly.

- A. When your child is 18 months and older, look for clues that your child is ready for potty training. Example: Your child asks for a dry diaper or shirt.
- B. In play and daily routines, help your child learn to cooperate. Take turns deciding what to do next. Focus on challenges throughout the day and make them fun!
- C. Make sure you are ready to help your child learn to potty.
 - Read resources.
 - Introduce a potty.
 - Create a routine to guide you and your child.
 - Support potty learning with smiles, songs, and rhymes.
 - Use lots of praise: “You got to the potty before you peed! Yay!”



Stay calm, and don't give up. Try to see the challenges through your child's eyes. Realize that accidents will happen. Plan how you will respond to them.

- Say a calming phrase like “It's OK for accidents to happen.”
- Handle accidents as normal events: “Let's get a towel and clean it up together.”

For more information, see

- Jamie Glowocki, *Oh Crap! Potty Training*, offers step-by-step instructions for getting out of diapers.
- Brandi Brucks, *Potty Training in 3 Days*, provides good advice.