



# It Is Potty Time!



## How do you know your child is ready?

- Your child stays dry for a few hours at a time
- Your child can follow simple instructions and copies behaviors
- Your child can tell you they want/need to use the potty
- Your child can pull their pants up and down

## Prepare!

- Get your child super cool underwear
- Have your child sit on the potty at diaper changes
- Get a step stool so your child can get on and off the potty
- Start talking to your child about how much fun it is to use the potty!

## How to potty train your child

1) Put your child in underwear!

Once your child can feel that they are wetting themselves, they will want to use the potty.

Use pull ups or diapers at night or on long car rides.

It also helps to have them sit on the potty every hour for the first few weeks!

## What to do if your child has an accident

- Do not shame or tell them they did something wrong
- Have them take off their soiled clothing (only help if needed)
- Have them sit on the potty.
- Have them dress themselves (only help if needed)
- Encourage your child to use the potty!