

# Tips for Potty Training

## How do I know if my child is ready for potty training?

Potty training goes best **when your child is ready**. Some children may be ready for potty training before 24 months, but most are ready between 24-36 months old.

**Remember:** Just because you may be ready, that doesn't mean your child is ready.

### Signs that your child may be ready for potty training:

- Asking for a diaper change when they have a dirty diaper.
- If they get upset when they have an accident and want to be cleaned up.
- Hiding when going to the bathroom.
- Showing interest in the toilet and/or how others use the toilet.

## Get the right set-up for potty training:

For potty training, **you have options** when it comes to your set-up. You can:



Get a **small toddler potty** (one that sits close to the floor). This type of potty is recommended because it is easier for children to get to right away if they need to go to the bathroom.



Put a **child-size toilet seat over a regular toilet**. Place a **step stool** under your child's feet to keep them stable. This makes it easier for them to go to the bathroom.



**If you choose a small toddler potty**, invite your child to use it as little or as often as they like. Your child may play with the toilet. They may put their toys in it. They may choose to sit on it with or without clothing. This is all okay and normal.



## Offering rewards and avoiding punishment:

- **Offer small rewards**, such as stickers or little treats. Rewards are a great way to motivate your child when they are doing something new.
- **Keep conversations around potty training positive**. Encourage and praise your child for every step they make towards potty training (such as saying they have to go potty, wearing underwear, or sitting on the toilet).
- **Use a chart to track their success**. Use a piece of paper as a reward chart. Let your child add a sticker or a stamp for each time they use the potty.
- **As they get better at using the potty, make rewards harder to earn**. Give them a reward if they stay dry all morning or all day. Let them pick out a fun pair of underwear as a treat.
- **Avoid punishment**. If you are feeling frustrated, your child may not be ready for potty training. Instead, go back to using diapers for a few weeks and then try again.



## Create a Routine:

- **Let your child come to the bathroom with you to see how you do it**. This will help them learn the routine, such as handwashing after going to the bathroom.
- **Set up potty times**. Encourage your child to sit on the potty before bath time or first thing in the morning. Have them sit on the potty for 20 minutes after they finish a meal or have a drink.
- **Include potty use into stories and imaginative play**. For example, there are many books that have characters learning to use the potty.
- **Invite your child to use the potty** if you notice them having a bowel movement (pooping). It is their choice. If they choose not to use the potty, avoid showing any frustration. If you seem too eager for them to use it, they may avoid the potty more.

