



ABC's of Potty Training

Takeaways and Resources

Parents need to show children how to take care of their bodies. Children don't know how to do this! Show your child calmly and try to see the challenges through their eyes. Songs and rhymes can make it fun for them to go along with these new expectations.



- Become aware of your child's signs of being ready for learning to use the potty – staying dry for a few hours, interest in dressing self, aware of wetness, curious about others using the toilet.
- Assess your own readiness to teach your child how to do this – can you stay calm and persist when your child resists? Do you have time to devote to it?
- Get informed about well-used methods from books and the internet.
 - ❑ **Website**
<https://www.verywellfamily.com/three-day-potty-training-tips-4071189>
 - ❑ **Books - Jamie Glowocki, Oh Crap! Potty Training or Brandi Brucks, Potty Training in 3 Days.** Books are a great resource to help you figure out what to do when your child resists.
- Notice how often you and your child cooperate throughout the day.
 - ❑ If cooperation only happens occasionally, postpone potty training and work on other care routines to build cooperation.
 - ❑ Create a new routine for getting dressed or brushing teeth that brings in songs and rhymes.
- Get support from other adults in the home and other siblings to encourage your child's progress.
- Get the gear you will need – simple potty design, foot stool for reaching sink, cloth training pants.
 - ❑ Allow your child to explore new equipment for a few days.

