



3 DAY Potty Training Method

Potty Training Page 1 of 2

Training Readiness

- ♥ Stays dry longer
- ♥ Follows detailed directions
- ♥ Able to dress & undress
- ♥ Shows self-reliance
- ♥ Uncomfortable with full diaper
- ♥ Aware of urge to go

It's better to start a little late than to start too early!

Don't get discouraged
Don't go backwards!

Training Preparation

1. Schedule 3 full days.
2. Plan fun activities
3. Diaper Countdown!
4. Teach anatomy.
5. T-shirts & Training Pants
6. Get a potty seat/chair.
7. Get a visual timer.
8. Shop with your tot. (underwear)
9. Other rewards - M&Ms.

Rules for Parents During Potty Training

- Be patient & kind
- Be consistent
- Be prepared
- Do not punish for accidents or mistakes.

Potty Training Process

DAY 1

- ♥ T-shirt/no pants
- ♥ M & Ms
- ♥ Talk about body waste
- ♥ Sippy cup all day
- ♥ Look for signs
- ♥ Go every 20-30 minutes
- ♥ Acknowledge
- ♥ Clean-up

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DAY 2

- ♥ Decide about pants
- ♥ Continue T-shirt
- ♥ Explain training pants
- ♥ Remind about goal
- ♥ Go over book again
- ♥ Expect accidents
- ♥ Be consistent

DAY 3

- ♥ Repeat Day 2
- ♥ Be consistent

After Day 3

- Inform caregivers
- Remind at least every hour
- Bring extra clothes
- Encourage communication

Nighttime & Naptime

- Stop fluids at least 1 hour before
- Decide about pull-ups
- Consider a wetness alarm
- Check out links!

List of things to gather or purchase

- Children's books on anatomy
- Visual Timer
- Potty chair
- Training pants
- T-shirts
- Sippy cups/juice
- M&Ms (or other small treats)
- Mattress Protectors
- Arts/crafts supplies
- Movies
- Meal prep supplies
- Pull-ups for sleep time if desired

write to holly@mommyanswerlady.com!

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