



General Tips

Talk Body Signals

Provide language for your child's potty cues, **for example:**

"You're holding your private parts, your body is telling you it needs to pee."

Model Potty Behavior

Have your child watch you using the bathroom and explain what is happening.

Stay Positive

Praise any success along the way. For example, praise your child when they say they need to go potty and when they sit on the potty! You can even give a small reward like a sticker.

Avoid Punishments

Accidents are how your child learns. Punishing and shaming a child actually make accidents more likely to occur.

Be Consistent

Have regular bathroom routines. For example, use the potty after each meal, or before leaving the house.

Keep the Mood Light

Try laughter and silliness to help your child relax on the toilet.

Give Choices

Giving a child a sense of control over some things related to potty training can help them go along with the process. For example, you could let them choose their big kid underwear or the design on their potty seat!