

# potty training 101

You've heard the horror stories and gold-medal moments from the moms who blazed the trail before you. Now, it's your turn, or—in all honesty—your child's. Potty training can be tricky. Boys usually learn differently than girls, and each child is unique as to what works best for them. So, mama, be patient, get ready and check out our tips to help you and your toddler get the best start to bathroom time.



## IS IT TIME?

Make sure your child is showing an interest to start learning. Are they becoming more independent? Verbalizing their need to go potty? Mimicking your bathroom behavior? These signs may signal your little one is making the connection and ready to try.

## POTTY SCHEDULE

Implementing a plan helps your little one learn a routine and start thinking about their body's signals. When they wake, after naps and before heading out the door for errands are just a few around-the-clock examples.

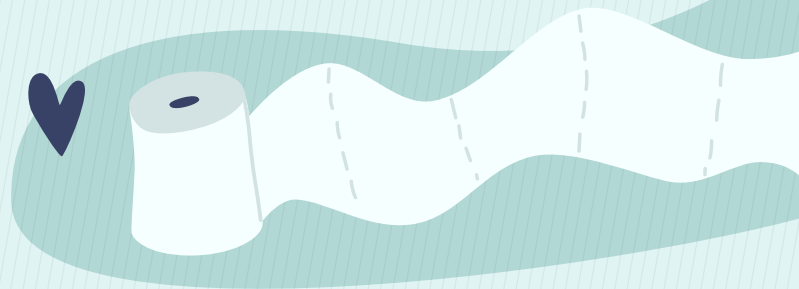


## PUPPIES OR FIRE TRUCKS?

From superheroes to all things sparkly, it's exciting for your child to choose their first package of big-kid underwear. There may be a few accidents, and that's okay. Wearing them is a big step towards independence.

## PICKING OUT A POTTY

Take your toddler shopping for their first potty. They'll feel empowered and included, which gets training off to a great start.



## PICK THE PERFECT SPOT

A bathroom is an obvious and ideal place for the little potty location. That helps make the connection that's the room where we go when we have to "go." It may make sense and be easier to place the potty in their bedroom or play area for quicker access. Try a few locations and see what works best.

## MAKE IT FUN

Use a sticker chart and reward even the smallest victories. Have a designated book to read together during potty time. Shower your little one with lots of encouragement and praise. Remember, regression may happen. Do not shame them for mistakes. Be patient, try different techniques and when they're ready, your little one will graduate from Potty Training 101.