

Train Your Toddler to Use the Potty

Doctors and experts tell parents to start potty training when their child is ready. Usually, this age is 24 to 30 months.

Parents who try to potty train before their child is ready are usually “training themselves.” They get their child to the potty on time. However, the child does not have control of her body.

Family and friends suggest many potty training methods. Use these key points as *you* decide how and when to potty-train.

- Notice signs that she is ready. She will show interest in the toilet and stay dry for hours. She may ask for a diaper change or tell you when she has to pee and poop.
- Show him how *you* use the potty.
- Read fun potty training books: *Once Upon a Potty*, by Alona Frankel; *Time to Pee*, by Mo Williams; *Sam’s Potty*, by Barbro Lindgren; *Everyone Poops*, by Taro Gomi. Discuss them.
- Make potty training a daytime activity. Use a pull-up at night until you find it dry in the morning. It is normal for a child to have nighttime accidents until age 5,
- Buy a child-size potty chair. Some kids feel insecure when their feet do not touch the floor. Soon, your child will be able to use a potty chair without much help.

- Pick a good time to potty train. The stress of a new baby, a move, a family tragedy or a vacation makes potty training harder.
- Praise your child for success. Handle accidents calmly. Say, “It’s OK. Accidents happen.” Never scold or embarrass your child. Potty training is a learning process.
- Adopt a potty training schedule and technique that works for both you and your daycare provider. Work together as a team.
- Let your child pick out her “big-girl” underwear.

If your child continually has accidents, stop potty training for a few weeks. He may not be ready at this time.



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