

Parent's Guide to Making Potty Training Easier

Goodbye to diapers, hello to under pants!

The guide is designed to give you ideas and tips on how to simply and successfully potty train your toddler.

When should your child start potty training?

It is really important that your child is ready to give up using diapers.

If they are not, then the process can become quite stressful for both parents and child. As with all developmental stages it is only when the child is ready that success can be achieved.

How do I know my child is ready?

Look out for signs that your little one may be ready to start using the potty.

If your toddler does two or more of the following then it may be worth starting the process:

- Does he or she imitate your behavior?
- Do they follow you to the toilet and want to copy you or your partner?
- Does your toddler show they want to be independent by taking over things and doing them themselves?
- Can your toddler either tell you when they are going to the toilet or when they have gone?
- Does he or she stay dry for two hours or stay dry during a nap?
- Does your toddler ask to be changed and dislike the feeling of being wet?
- Does your child appear to be well coordinated?

You may want to consider waiting if you have recently had a new baby, have moved house or your child has started going to daycare as added pressure can increase anxiety for both you and your child.

It's time to get going

It's often good to stay at home for the first few days of potty training, making it much easier to clear up the odd accident. It also means that your child can wear less clothing than normal, since in the early days she may not give you much notice before she is ready to use the potty.

It may be an idea to familiarize your child with their potty. Let them carry it around with them and involve the potty when playing. For this we recommend "My Carry Potty" from our on-line Store. You could even sit them on the potty and let them read a book. If need be, let your child sit on the potty fully clothed so that they can get used to how it feels.

At first keep the potty within easy reach during your daily activities. Once your child gets into the habit of using it, the potty can then be left in the bathroom.

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Rather than waiting for your child to tell you when she wants the potty, it may be a good idea to start a routine. A number of parents sit their children on the potty at regular intervals during the day and especially after meal times.

Ask your child regularly if she would like to use the potty, but take care not to overwhelm with questioning.

Look for signs in your child's behavior that may indicate she needs to use the potty.

Training pants

Baby Diaper Service has a convenient Training Pant rental service which you can combine with diapers or transition to completely, as the need presents itself. It may be a helpful idea to give a couple of these pants to your child as a present. It will help reinforce that feeling of being grown up and that they no longer need diapers.

Unlike diapers, training pants can be pulled up and down by your toddler and really do make them feel like a big girl/boy.

Reusable training pants will hold small accidents saving the outer clothes, socks and shoes from getting wet. But unlike disposable training pants they will not take the moisture away from the skin.

Using reusable training pants is a vital part of potty training as your child will notice the difference between wet and dry and make associations between the feeling of wanting to go and the changing sensations.

Keep going

Potty training can sometimes be bewildering for your child and there may be set backs. Be prepared for the odd accident even when you think you have got it mastered. Carry spare clothing with you and always use training pants, especially for long trips out.

If you continue to have lots of accidents follow your instincts and be guided by your child. Perhaps go back to the early day's routine remembering to praise the successes and reassure your child if there are any accidents.

Make potty training fun

It can help if you associate the potty training process with having fun. You may consider rewarding your child with a sticker to decorate their potty every time they use it. Baby Diaper Service has stickers and other time-tested products to help with this important developmental step.

What happens at night?

If your child is potty trained during the day this may not mean that they are automatically trained to get through the night. It could take up to two years for your child to stay completely dry at night times.

Continue to use diapers to start with and then move to training pants. A waterproof bed sheet may also be useful.

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Pop your child on the potty just before bedtime and as soon as they wake.

Under pressure

If you are trying to potty train by a certain date, then the truth is you will most probably not make it.

Keeping to a deadline can cause you stress which, can therefore be transferred to your child and cause setbacks. Give yourself plenty of time and try not to set a deadline.

It may be useful to check if your child needs to be trained before starting a play group or daycare.

Above all else, stay calm and try to enjoy this new stage with your child. Your child will succeed eventually and those diapers days will be soon be just a happy memory.

Potty Training Tips

Do's:

- Introduce the potty to your child as their own personal possession. We all know children can be quite possessive about their own toys. Encouraging them to carry My

Carry Potty everywhere will make the whole potty training process a lot easier.

- Be patient with children as potty training is a big milestone in both a parent's and child's life and will take time.
- Praise your child when they use the potty and make them feel special, perhaps with a reward of one of our potty training stickers.
- Sit your child at regular intervals on the potty and remind why.

Don'ts:

- Don't force a child to use the potty.
- Don't get angry with them for refusing to use the potty.
- Don't get impatient with them if they have an accident.



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