

Potty Training

in One Awesome Day



Made to be Mom
EMBRACING THE CALL AND THE ADVENTURE

Child Readiness Checklist:

- Child's diaper stays dry for periods of time. She may wake up dry from a nap or in the morning. A dry diaper for a couple of hours indicates that the bladder is developed enough for her to "hold it" at will.
- Child is able to follow simple two-part instructions. For example, "Go get the ball and bring it to me."
- Child is able to pull his pants up and down. You can help, of course, by showing him how, but he needs to have the necessary motor skills. The goal here is to have a mostly independent pottier.
- Child is typically obedient. If your little sweetie has no intention of doing what you say come heck or high water, work on that first.
- Child shows some interest in using the potty. This one is not mandatory, but it is helpful.

Date I will train: _____

Arrangements for my other children/people:

Supplies I will need:

1. Potty chair
2. Underwear (at least 10 pairs)
3. Treats and snacks for child
4. Several favorite beverages
5. Snacks and drinks for Mom
6. A stack of picture books
7. Doll that potties
8. Timer
9. Gift Wrap
10. Paper towels and cleaning wipes
11. Camera



Potty Training Steps

(condensed for quick reference)

1. Child awakes, Mom gives him a drink.
2. "Happy Potty Training Day!" Open gifts.
3. Throws diapers away with gusto!
4. Put on underwear.
5. Give treats for every new skill learned.
6. Keep child drinking! At least one sip per minute!
7. Sit on potty chair for 15 minutes at a time, (unless he potties sooner!)
8. Train Doll
9. Sit on potty every 10-15 minutes for 15 minutes at a time.
10. Continue with doll training during child's "get up" times.
11. Practice runs for accidents. Child remains in wet pants during practice runs.
12. When child has a successful go on the potty chair, celebrate like crazy!!
13. Once he has gone successfully on the potty, he can decide when he wants to get up.
14. Now, the focus shifts to "dry pants" checks every 15 minutes, instead of mandatory sitting.
15. When child is doing well, move to another room.
16. Continue dry pants checks for a few days, gradually increasing time between.



Potty Trials Time Sheet

(Have your child sit on the potty chair for 15 minutes at a time, at 10-15 minute intervals until he/she has a successful "go"!)

__:00-__:15

__:25-__:50

__:00-__:15

__:25-__:50

__:00-__:15

__:25-__:50

__:00-__:15

__:25-__:50

__:00-__:15

__:25-__:50

__:00-__:15

__:25-__:50



Dry Pants Checks every 15 minutes at first...

__:00

__:15

__:30

__:45

__:00

__:15

__:30

__:45

__:00

Increase to every 30 minutes when child is ready...

__:30

__:00

__:30

__:00

__:30

__:00



Increase to 1 hour and then every 2 hours, etc. as child continues to remain dry.

__:00

__:00

__:00

__:00

__:00

__:00

__:00

__:00

__:00

__:00

__:00

__:00

__:00

__:00



Potty Training in 1 Awesome Day

Diploma of Graduation

Congratulations, Mama

You did it!

You are a Potty Training Pro!



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