

Potty Training

in

1 *Awesome* Day

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.



Made to be Mom
EMBRACING THE CALL AND THE ADVENTURE

Date I will train:

Arrangements for my other children/people:

Supplies I will need:

Potty chair

Underwear (at least 10 pairs)

Treats and snacks for child

Several of child's favorite beverage choices

Snacks and drinks for Mom

A stack of picture books

Doll that potties

Timer

Gift Wrap

Paper towels and cleaning wipes

Camera

Potty trials time sheet

Potty Training Steps

Quick Reference Guide

1

• Child awakes, Mom gives him a drink.

2

“Happy Potty Training Day!” Child open gifts.

3

Throw diapers away with gusto!

4

Direct him to put on underwear, and give a treat.

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!) every 10 to 15 minutes. (Potty trials) Keep him occupied while he is on the potty: talking always about how exciting this is, calling dad or grandma and tell them, playing finger games, reading books, etc.

8

Train Doll.

9

Continue potty trials, and continue to train doll during child’s “get up” times.

10

Do practice runs for accidents. Child remains in wet pants during practice runs.

11

When child has a successful go on the potty chair, celebrate like crazy!!

12

Once he has gone successfully on the potty, he can decide when he wants to get up.

13

Now, the focus shifts to “dry pants” checks every 15 minutes, instead of mandatory sitting. When child is doing well, move to another room.

14

When child is doing well, move to another room.

15

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

Dry Pants Checks every 15 minutes at first.

Increase to every 30 minutes when child is ready

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

__:00	__:15	__:30	__:45
__:00	__:15	__:30	__:45
__:00	__:15	__:30	__:45
__:00	__:30	__:00	__:30
__:00	__:30	__:00	__:30
__:00	__:30	__:00	__:30
__:00	__:00	__:00	__:00
__:00	__:00	__:00	__:00