



## Potty Training Readiness

Potty training your child can be a challenging time in life for you and your child! You read all about it but every child is different, so you ask yourself, "what will work for MY child?" We understand that some things work for one family, could be useless for another. We have come up with a few different tips on how to know when your child is ready to begin their life as a big kid using the potty!

### Behaviors to watch for:

- Taking off diapers themselves / undressing themselves
- Telling you their diaper is dirty
- Showing interest in potty behavior
- Being dry after sleeping
- Understanding multi-step commands
- Uncomfortable with dirty diapers
- Asks to wear "big boy" or "big girl" underwear
- Awareness that they need to go potty
- Staying dry for two or more hours at a time
- Showing signs that they want to become more independent
- Nighttime readiness may take longer. Child will wake up dry in the morning and from naps.

### Tips:

- Potty train when you have about a week at home allowing you to keep a consistent routine. Holidays or vacations are a good time.
- Develop a routine of taking child to the potty about every 90 minutes
- Sticker charts can be posted near the potty to provide a reward for trying.
- If child continues to wet diaper, put the child in underwear. To avoid the mess, put a pull up over the underwear. The child will be uncomfortable with the wetness.
- Nighttime control may take longer. Stop liquids a few hours before bedtime.

Keep encouraging and your child will grow and learn quicker than you can imagine!

The OT Potty Training Box contains everything you need for potty training. It has a sticker chart, stickers, a book, a visual schedule for potty and hand washing, a soap dispenser and hand towel for your child. Order today at <http://www.otbox.org/store>