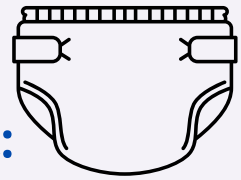
POTTY LEARNING:

Preparing Ourselves & Our Child:



OUR ROLE:

- Teach & show our child everything that involves Potty Learning
- Set up our child for success

OUR CHILD'S ROLE:

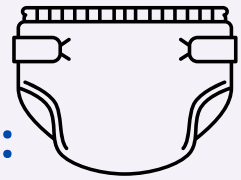
- To listen to their body
- Give them the freedom to choose

Place underwear & diapers in a bottom drawer that is accessible to your child. Make sure to show them where they are.

We want to set our child up for success & also give them the independence & freedom to choose. Here's how we do it:

Place a child's toilet seat with a stool (so that child can go on it by themselves) OR/AND a potty in the bathroom that is accessible.

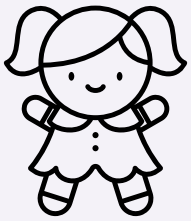
POTTY LEARNING:



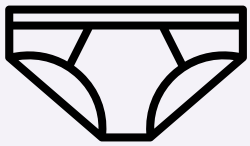
Preparing Ourselves & Our Child:

Ways we can prepare our child:

- Head to your local library with your child & **choose books on this topic**



- A fun thing we can do is get a **doll that drinks & pees.** Our child can bring the doll to the bathroom to pee & have an understanding of the human body etc.
- Go to the store (or if you are shopping online, they can choose online too) to **buy the underwear that your child chooses** with the designs they like best for themselves



- Sharing **multiple discussions** while showing them the bathroom & asking if they want to try sitting on the potty/toilet seat

I prefer using a toilet seat rather than a potty because then there are fewer transitions (when using a potty, we then need to transition to the toilet). Go with your child's flow & do what you feel is best.