

# Cheat Sheet

## For Toilet Training

1. Wait until your child is ready:
  - The average child potty trains at 27 months.
  - Child can use words to tell you what he needs.
  - Child is able to pull clothes off.
  - Child imitates you.
  - Child has dry spells of up to 3 hours.
2. Give your child words to use such as "Go potty?"
3. Dress your child in clothes easy for her to pull off.
4. Use toilet training dolls and books to help explain.
5. Be ready for many mistakes!
6. Use a timer to remind your child to go to the bathroom.
7. Don't compare your child to others.
8. Avoid training when child is experiencing stress:
  - New baby expected or already here.
  - Divorce.
  - A move.
9. Make it fun!
  - Reward with stickers or a play time treat.
  - Praise for success but don't yell at mistakes.



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