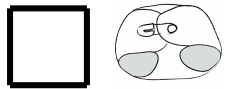




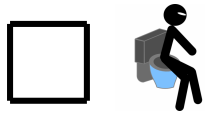
Potty Training in 9 Steps



Step 1: Introduce the idea and raise awareness starting around age 1



Step 2: Between 18 & 30 months, watch for signs of readiness: dry diaper, awareness, interest



Step 3: Choose your potty. Try an insert for your toilet and a stool, unless your child is nervous about falling in!



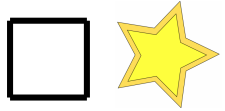
Step 4: Choose your timing carefully - you'll need to be at home 24/7 if at all possible.



Step 5: Set a schedule. Have your child sit every hour, or before and after transitions (meals, naps)



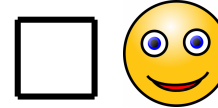
Step 6: Teach proper hygiene right from the start.



Step 7: Reward and praise liberally!



Step 8: Start nighttime training when morning diaper is dry a few days in a row

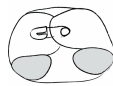


Step 9: Be patient and encouraging, don't worry about setbacks

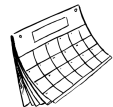


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