

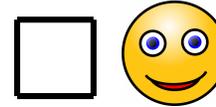


Potty Training in 9 Steps

-  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

You can easily edit this list at www.TheTripClip.com

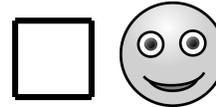


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