

# Potty Training Made Easy

Potty training can be a smooth journey. Many parents achieve success in just days. It's about readiness and a clear plan. Let's make toilet training a positive experience!



# Is Your Toddler Ready?

## Dry Spells

Can your child stay dry for 1–2 hours? This shows bladder control is developing.

## Regularity

Do they pass soft stools without constipation? Healthy digestion is key for successful training.

# Increase Awareness

1

## Ditch Diapers

Use training pants to feel wetness. This helps kids understand their body better.

2

## Inside Undies

Put undies inside diapers for wetness. Awareness grows through sensation, making training faster.





# Observe Body Language



See jumping? Say, "Let's go!" Notice their cues and act fast.



Squirming means they need the toilet. Respond quickly to avoid accidents.

# Keep Toilet Time Short

## 1 Five Minutes Max

Limit toilet time to five minutes. This teaches them to focus on the task.

## 2 No Distractions

Going to the toilet is about doing their business. Keep it efficient and focused.







# Handling Poo Fears

1

## Bathroom Nappy

Encourage pooing in a nappy in the bathroom. Start creating a routine.

2

## Toilet Nappy

Sit on the toilet with a nappy on. Make the toilet a safe space.

3

## Hole in Nappy

Cut a hole in the nappy for poo to drop in. Slowly get used to the process.

# Accidents Happen! Stay Calm

## Stay Calm

Avoid yelling or frustration.  
Accidents are normal, remain supportive.

## Clean Up

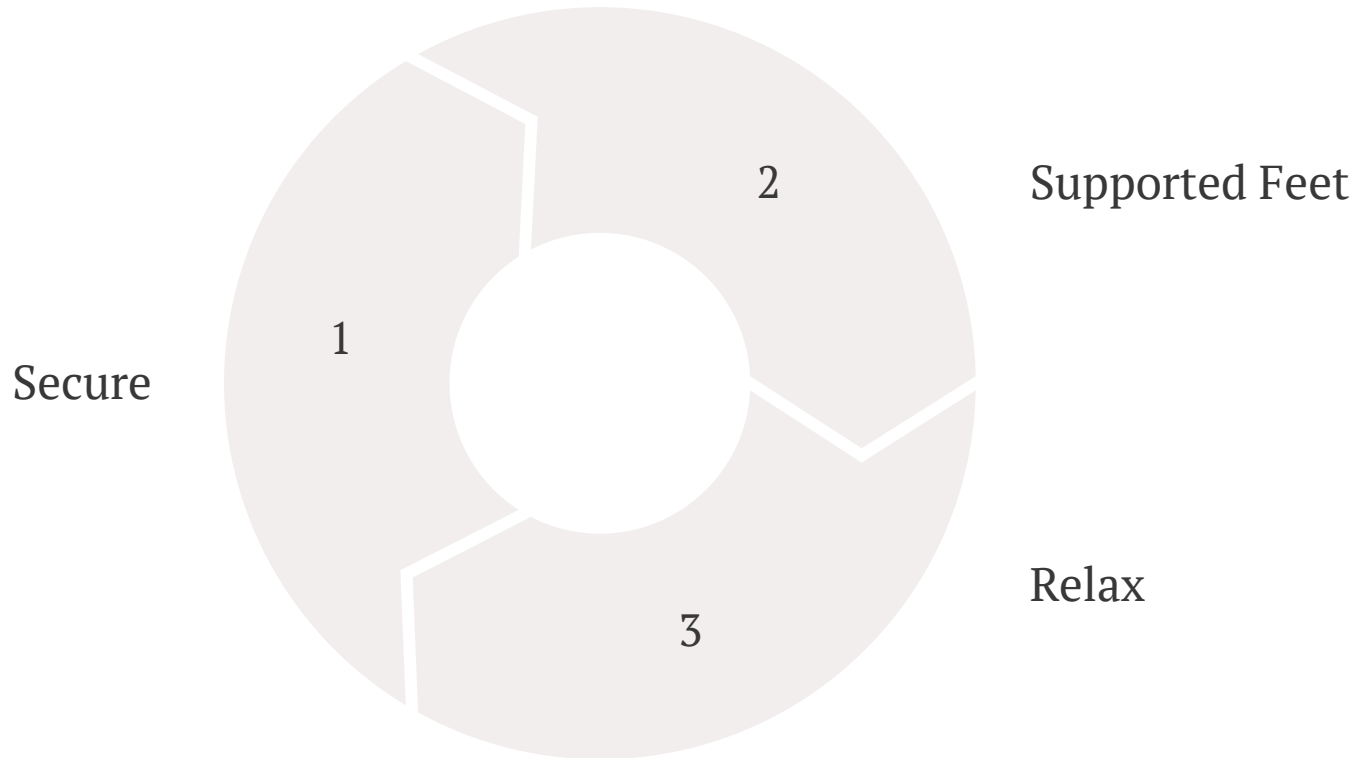
Say, "Let's clean up." Calmly handle the situation and clean.

## Bathroom Change

Change clothes in the bathroom to reinforce the routine. This connects accidents with the toilet.



# Make It Comfortable



Feet should be supported to help relax. Secure and relax for easier training.