

# Potty Training 3-Day To-Do List



## Potty Training

**Child Wears Only Underpants & Shirt** Returning to diapers is not an option!

**Stay Inside Only, on Non-Carpeted Areas** Day 2 and 3, venture outside for 15 minutes

**Frequent Bathroom Reminders** "Tell me when you need to use the potty"

**Stay with Child ALL DAY** Do not leave child alone. Follow child around the house

**No Distractions!** Play with your child & pay attention to their bathroom cues. This means no TV for child & no phone use for you!

**Drinks** Offer a variety of drinks throughout the day, minimized in the evening.

**Foods & Snacks** Offer favorite foods & snacks, especially those that encourage more fluid intake.

## Accidents Happen

**Take Child to Potty Mid-Action** Remove wet underwear, place child on potty to finish

**Remain Calm & Do Not Get Angry or Upset with the Child**

**Clean Up Child & Replace with Clean Underwear** Say things like, "Pee on the Floor is yucky. Next time let's get to the potty on time".

**Clean Up the Floor**

## Nap & Bedtime

**Have Child Use Potty Right Before Bedtime**

**Put Child in "Sleeping Underwear" (Pull-up Diaper) Immediately Before Bed**

**Place Regular Underpants Over the Top of the Diaper**

**Remove "Sleeping Underwear" Immediately Upon Waking**

**Have Child Sit on the Potty If Awake in the Night**

## Rewards

**Lots of Cheering and Encouragement when Child Uses the Potty (even if they have an accident beforehand)**

**Sticker Chart (1 for pee, 2 for poop)**

**Small Treat (1 for pee, 2 for poop)**



Printable from [www.MomRewritten.com](http://www.MomRewritten.com)

Using tips from the book Potty Training in 3 Days: The Step-by-Step Plan for a Clean Break from Dirty Diapers by author Brandi Brucks