

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

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