

Are YOU Ready for Potty Training?

Toilet _____ is a term often used by parents and others to explain how young children learn to use the toilet by themselves.

Toilet _____ emphasis is not on “training” but rather on the entire toilet learning process over time as a child grows and develops.

Remember that:

- Toilet learning is a _____.
- Learning to use the toilet is easiest when children are _____ and _____ ready.
- The secret to toileting success is _____ and _____.
- Share information with the _____.

Signs of Readiness:

- Show interest in using the _____
- _____, _____, and _____ independently
- Stay dry for at least _____ hours at a time while awake
- Wake up with a _____ diaper after a nap
- Can follow simple _____
- Can use _____ to tell you when they need to use the toilet

From the beginning

- Sit on the potty _____
- Try sitting on the potty with _____ off several times a day for short periods
- Look for signals- _____
- Trade _____ for _____.
- Dress _____

To the end

- Take the toddler to the potty every _____ hours if possible.
- Ask the child to tell you _____.
- Give _____, even if nothing happens during the potty-sit.
- _____ if she messes up her pants.
- Let her pull up _____ and clothes,
- Tell the toddler that she has done something _____ when she actually pees or poops in the potty.

Preventing the spread of germs

- Child sized _____ or _____ instead of a potty chair.
- Clean and _____ potty chairs.
- Keep _____ handy.
- _____ the children as needed.
- Use a _____.
- Wash _____.

Songs to sing while washing hands

Wash, Wash, Wash Your Hands

(Sing to the tune of "Row, Row, Row Your Boat")

Wash, wash, wash your hands,
Play our handy game.
Rub and scrub and scrub and rub
Germs go down the drain
(repeat)

Good and Clean

(Sing to the tune of "Happy Birthday")

Wash my hands so good and clean
Wash my fingers and in between
Watch the germs all go away
Now they're clean, I'll go and play
(repeat)

This Is the Way We Wash Our Hands

(Sing to the tune of "Here We Go 'Round the Mulberry Bush")

This is the way we wash our hands, wash our hands, wash our hands,
This is the way we wash our hands, every single day.
This is the way we scrub our fingers, scrub our fingers, scrub our fingers,
This is the way we scrub our fingers, every single day.
This is the way we rinse our hands, rinse our hands, rinse our hands,
This is the way we rinse our hands, rinse those germs away!