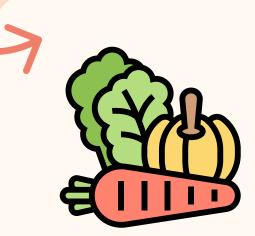
### 5 Signs That Your Child Is Ready for POTTY TRAINING





# 2. Able to remove clothes and get on and off the potty independently

Make sure there is a good set up with a tall foot stool and supportive toilet seat. They have to be able to feel balanced on the potty. Or get a small potty that rests on the ground.



## 3. Having soft daily poops without difficulty

Constipation can ruin successful toilet training. Treat the constipation first.

### 4. Dry for more than 2 hours at a time and can verbalize when they are wet or dirty

Talk with your child about the sensations pee and poop. Using a diaper or pull up can mask these feelings. So, underwear or training underwear can be helpful



### 5. Expressing interest and motivation in using the potty

Successful potty training is child led. Let them tell you when they're ready

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