

5 Signs That Your Child Is Ready for Potty TRAINING



1. Older than 2 years old

Don't feel pressured to toilet train too early. Wait until at least 2 years of age.

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