

Pampers Easy Ups Potty Training Tips

L. Jana, MD

- 1. Promote potty *learning*.** Learning how to use the potty takes plenty of time and patience. It's more than just training; it is a learning opportunity for toddlers and parents alike that should be enjoyable. After all, mastering this concept of "potty *learning*" with your little one is a big accomplishment and milestone.
- 2. Team Spirit.** It is important to keep in mind that "teamwork makes the dream work," especially in the case of potty training. You are not only your child's biggest fan, you are also their potty training coach. Remember to stay calm in the face of potty accidents and encourage your little one to not worry and try again!
- 3. Be Prepared.** Potty training is an unpredictable adventure that you can best prepare for by ensuring you have all practical supplies on hand. These supplies will help you through any obstacle and can help foster your child's interest and independence – from a step stool (to improve access to the toilet) or potty seat to training pants. That's why I'm happy to partner with Pampers, whose Easy Ups training pants are designed to help the diaper-to-underwear transition by allowing potty-training toddlers to set aside their diapers and wear something with a more underwear-like look and feel that still helps contain accidental messes no matter wherever they happen: at home, on-the-go or overnight.
- 4. Celebrate every win.** As with any learning experience, young children can learn a lot from both their potty successes *and* their setbacks. While potty accidents are an inevitable (and admittedly inconvenient) aspect of potty learning, they shouldn't dominate your day-to-day discussions. Instead, simply help your child learn to cope with and clean up any messes, and focus your attention on celebrating your child's efforts and successes with plenty of hugs and words of encouragement.
- 5. Watch for signs of readiness.** Just about all children give subtle (and some not-so-subtle) signs that they are ready for potty training. These signs of readiness typically include using their words to express themselves, toddling their own way to the bathroom, pulling down their own pants, saying they want to use the "big potty," and being aware of the sensation of peeing or pooping, characteristically noticeable when young children suddenly stop what they're doing as they feel themselves start to go. It is also helpful and increases the likelihood of potty training interest when children start to be bothered by their messy diapers, as that can serve as a good motivation for using the potty instead!
- 6. Start making connections.** There's a lot that you can do to help your child be well-prepared to successfully use the potty long before he or she actually starts doing it. Making up a fun song or reading engaging children's books about potty training, such as *You and Me Against the Pee!* (which I co-authored) can go a long way towards making the idea of potty training a more welcome and eagerly anticipated activity. You can take this familiarity a step further by letting your toddler accompany you in to the bathroom when you need to go so that he both becomes familiar with the routine and comfortable with the idea of using the toilet, rather than being afraid of or intimidated by it!