

# The Laid-Back Guide to Potty Training in 2024

Potty training is a big milestone for both parents and toddlers. It can be a challenging time, but it's also a rewarding one. With the right approach, you can make potty training as stress-free as possible for both of you.



## Potty-training a 2024 laid-back guide: 10 ways to survive this stage without going crazy by Yolanda Smith

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Here's a laid-back guide to potty training in 2024:

### Step 1: Get your child ready

The first step to potty training is to make sure your child is ready. Most children are ready to start potty training between the ages of 18 and 30 months. There are a few signs that your child may be ready, including:

- They can stay dry for at least two hours at a time.
- They can tell you when they need to go.
- They're interested in the potty or toilet.

If your child isn't showing these signs, don't worry. Just wait a few months and try again.

## **Step 2: Choose the right potty**

There are a lot of different potty chairs on the market, so it's important to choose one that's right for your child. Here are a few things to keep in mind:

- **Size:** The potty should be the right size for your child. They should be able to sit on it comfortably with their feet flat on the floor.
- **Shape:** There are a variety of potty shapes available, so choose one that you think your child will like. Some potties have a backrest, while others have a more open design.
- **Features:** Some potties have features like a built-in splash guard or a musical reward system. These features can help to make potty training more fun for your child.

## **Step 3: Start potty training**

Once you have the right potty, it's time to start potty training. Here's a step-by-step guide:

1. **Introduce the potty to your child.** Show your child the potty and explain what it's for. Let them sit on it fully clothed a few times to get used to it.
2. **Encourage your child to use the potty.** When your child shows signs that they need to go, invite them to sit on the potty. Don't force them to use it, but encourage them.

3. **\*\*Be patient and positive.\*\*** Potty training can take time, so be patient with your child. Don't get discouraged if they have accidents. Just clean them up and try again.
4. **\*\*Celebrate successes.\*\*** When your child uses the potty successfully, celebrate their accomplishment. This will help them to feel proud of their progress.

### **Step 4: Manage accidents**

Accidents are a normal part of potty training. When your child has an accident, don't get angry or frustrated. Just clean them up and try again. Here are a few tips for managing accidents:

- **\*\*Use absorbent pads.\*\*** If your child is having frequent accidents, you may want to use absorbent pads to protect your floors and furniture.
- **\*\*Change your child's clothes immediately.\*\*** If your child has an accident, change their clothes immediately to prevent them from getting cold or wet.
- **\*\*Don't punish your child.\*\*** Punishment will only make your child afraid to use the potty. Instead, focus on being positive and supportive.

### **Step 5: Nighttime potty training**

Nighttime potty training can be more challenging than daytime potty training. Here are a few tips:

- **\*\*Limit fluids before bed.\*\*** Don't give your child too much to drink before bed. This will help to reduce the chances of them wetting the bed at night.

- **\*\*Wake your child up to go potty.\*\*** If your child is a heavy sleeper, you may need to wake them up to go potty once or twice during the night.
- **\*\*Use a waterproof mattress pad.\*\*** A waterproof mattress pad will protect your child's bed from accidents.

## **Tips for success**

Here are a few additional tips for successful potty training:

- **\*\*Be consistent.\*\*** Potty training is more successful when you're consistent with your approach. Try to use the same potty training methods every day.
- **\*\*Be patient.\*\*** Potty training can take time, so be patient with your child. Don't get discouraged if they have accidents.
- **\*\*Make it fun.\*\*** Potty training can be more fun for your child if you make it a game. You can sing songs, read books, or play games about potty training.
- **\*\*Don't compare your child to others.\*\*** Every child is different, so don't compare your child's potty training progress to other children. Just focus on your child's individual progress.

Potty training can be a challenging time, but it's also a rewarding one. With the right approach, you can make potty training as stress-free as possible for both of you. Just remember to be patient, positive, and consistent, and you'll be successful.

Good luck!



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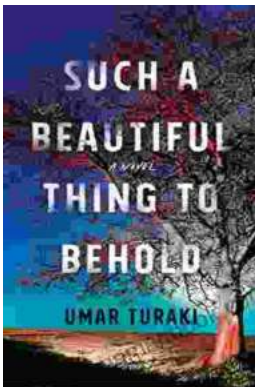
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