

CLIP & SAVE 

FOLD

Building A Routine

Children thrive on routine and predictability. A consistent potty routine will help make the process easier on both of you. The most successful routines are the ones that work best for you and your child.



Turn this card over for some ways to get started.

Building A Routine



- ★ Set up a reward system, like extra playtime or a sticker chart, to encourage progress and sustain interest. Then, visibly keep track of how much they have earned to build up to a bigger reward.
- ★ Encourage motivation by keeping a special book or toy in the bathroom that can only be enjoyed while on the potty.
- ★ Set a timer for 15 minutes after your child has milk, water or juice. When it goes off, it's time to try sitting on the potty!
- ★ Sit toddlers on the potty when they wake up from a nap and before they go to bed. These are the times they are most likely to be consistent about having to go.