

CLIP & SAVE 

Mastering Nighttime Training

Nighttime training is often the last hurdle before potty training success. After daytime training, it may be another year before your child is reliable overnight. That's par for the course!



Turn this card over for ideas from other moms to help you through this step:



FOLD

Mastering Nighttime Training



- ★ Use PULL-UPS® training pants as "nighttime underwear" so a wet bed doesn't become a big deal for your child.
- ★ Reduce the amount of liquid your child drinks in the evening. Instead of a full sippy cup, offer smaller drink to help their little bladders make it through the night.
- ★ Make evening time for water only. Juices and sweetened milk may encourage drinking for taste, not thirst.
- ★ Make going to the bathroom before bed part of your child's bedtime routine.
- ★ Make a well-lit path to the bathroom. Use nightlights or glow-in-the-dark decals to make the trip scare-free. Do a practice nighttime run with your child.