



Potty Training Tip Sheet



What do you need to facilitate a potty session?

- Timer
- Change of clothes/ rubber shoes (preferably clothes with elastic bands)
- Rewards
- Data Sheet (used to track instances of voids and accidents - we can email you one)
- Potty seat (attached to the toilet - we use TinyHiney found at Target or Amazon)
- Stickers
- Sticker Chart
- Water (Lots of fluid intake)

What do you do when your child voids?

- Deliver a reward **as soon as your child voids**
- Praise your child including why (i.e., "good job going potty," "you peed in the potty")
- Place a sticker on your child's sticker chart
- Have your child get dressed - completing a bathroom routine independently
- Exit the bathroom for a predetermined amount of time
- Record on your data sheet the occurrence of the voiding behavior

Key Words

Void = Urinate

How do you set up the bathroom?

You want the bathroom to be super rewarding. We recommend setting it up as a "potty party," so that your child will want to enter **and** remain in the bathroom. Items to include in your "potty party" are as follows:

- Balloons
- Stickers & Sticker Chart (to be given as soon as your child voids & for decoration)
- Music
- Rewards (to be given immediately following void)

What do you do when your child has an accident?

- Have your child clean up the area where accident occurred (no chemicals)
- Have your child walk to bathroom and get undressed
- Have your child sit on potty for predetermined amount of time (start the potty procedure)
- **Do not reprimand** child for having an accident
- Record on your data sheet the occurrence of the accident

Prior to starting potty training it is recommended that you consult with a physician.