



Potty Training Guide for Parents

Our Shared Schedule

- ✓ Pull-ups - Every 2 hours
- ✓ Underwear - Every 1 hour

Sitting Time



2-5 minutes
on the potty

- After waking up
- Before/after meals
- Before going outside
- Before/after nap time

If nothing happens, we try again later.
No pressure, no long sitting.

Clothing Expectations

- ✗ No onesies
- ✗ No overalls
- ✗ No tight pants
- ✗ No belts

We require:

- ✓ Elastic waist pants/shorts
- ✓ Easy pull-ups or underwear
- ✓ Two pairs of changing clothes required (kept in cubbies)



Supporting Potty Training

★ at HOME ★

Potty Watch

- ✓ Recommended but not required



FAQS

How often should we go?

- For pull-ups - every two hours
- For underwear - every hour
- If the child can verbalize the need, we take them to the potty too.



How long should we sit?

- 2-5 minutes

Why avoid belts and onesies?

- Pulling the pants up & down is an important self-help skill

What if nothing happens?

- That's normal.
- We try again later.



What about accidents?

- That's normal.
- We stay calm, clean up, and continue the routine.

♥ Ms. Jenny