



BUILDING POTTY CONFIDENCE

POTTY TRAINING

Potty training is a big step toward independence! Every child learns at their own pace, and with patience, consistency, and positive reinforcement, success will come.

Start by **setting a clear routine**—take your child to the bathroom at regular times. **Celebrate every small success**, even if it's just sitting on the potty! Keep reminders gentle and use simple words or visual cues. "It's potty time! Let's try and then we'll read your favorite book."

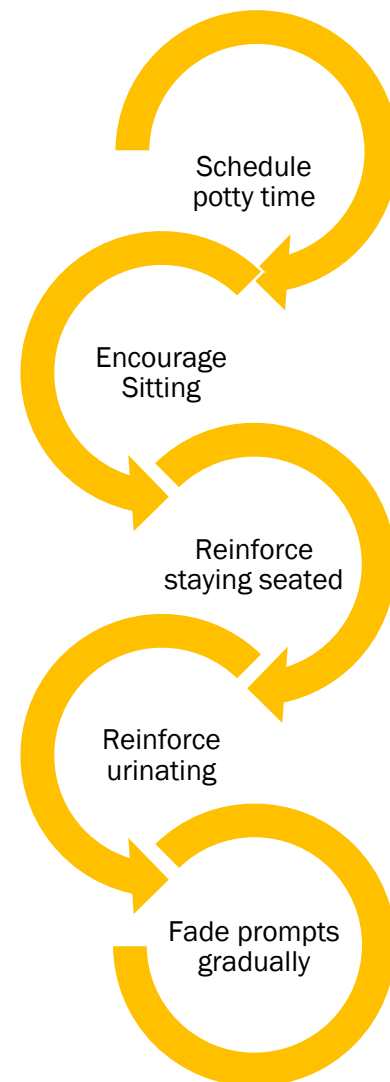
Reinforce effort and progress, not just results. Over time, your child will feel proud and confident in this new skill.

Today...

Choose one time of day to practice sitting on the potty. Keep it positive, short, and rewarding!

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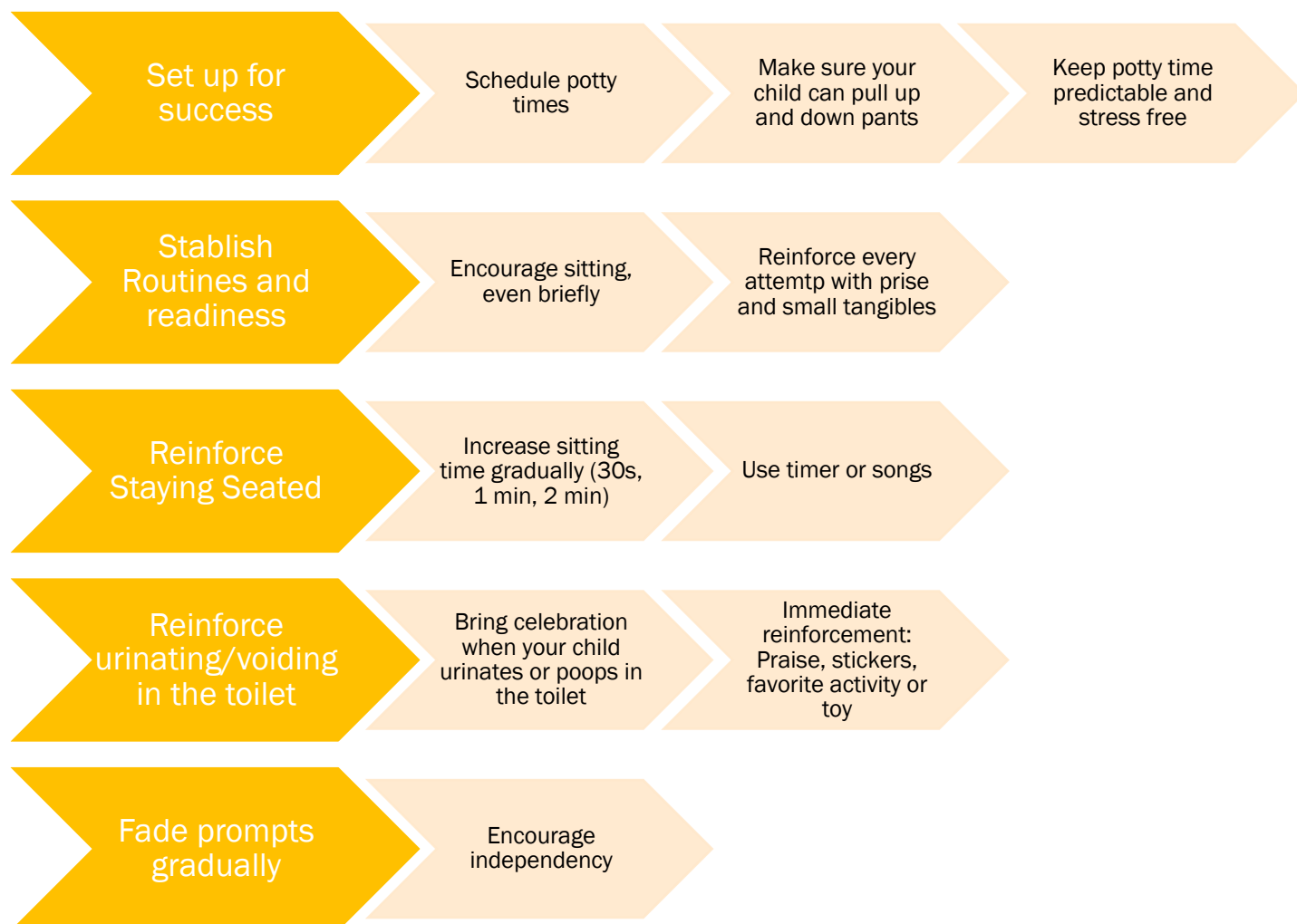




ABA Step-by-Step Potty-Training Sequence

Before starting, increase the chances for success:

- Offer fluids often so your child has natural opportunities to urinate.
- Take your child to the potty at consistent times (after meals, waking, before bedtime).
- Keep it positive and predictable — no pressure, just practice.



Each child moves at their own pace — celebrate effort and keep it positive.