

POINTERS FOR PARENTS

Parents & Medical Experts Offer Tips On How To Make Potty Training Easier This Year

(NAPSA)—This year, approximately 4 million toddlers in America will start the potty training process. For most parents, potty training can be a time-consuming milestone to undertake with their child, but the Pull-Ups® Potty Training Partners—a dedicated panel of child psychologists, pediatricians and parenting experts—continue to help make potty training easier by offering tips for parents that will guide them throughout their journey.

1. To make the process easier, be prepared to begin. Potty training takes time and energy, so try to avoid starting the process during a stressful time, such as after the birth of a new baby or other major changes at home.

2. Introduce the potty chair at the beginning of the process when your child shows signs of readiness, such as staying dry for two hours and showing interest in the bathroom. Demonstrate how it works and instill a sense of potty ownership in the child by wrapping it as a present or decorating it with stickers.

3. Get your child comfortable with the idea of potty training and introduce the potty training supplies you'll be using before you start. Practice washing hands at



the bathroom sink, sitting on the potty chair and putting on training pants before your tot starts. Using Pull-Ups® Training Pants with Easy Open Sides helps make the transition to training pants from diapers easier for Mom and Dad and lets kids feel more grown up, making the process fun for them.

4. Always remain positive and patient. Potty training takes time, and setbacks will occur. But remember that children thrive on positive reinforcement. Praise and rewards can help tots feel more comfortable with new skills and keep them motivated during each potty training stage.

5. Be consistent. Once tots are out of diapers, they should stay out of them. It's proven that it helps toddlers to train faster if

they don't switch back and forth between diapers and training pants. And Pull-Ups® Night*Time Training Pants have Extra Absorbency so you can stay consistent overnight.

6. To sustain a child's interest, use interactive approaches, such as games, videos, books, progress charts, role modeling and songs.

7. Use teamwork. Make sure everyone in the child's life, from grandparents to daycare providers to siblings, is on board with a consistent potty training philosophy, encouraging little ones throughout the process.

8. When traveling, pack familiar potty training supplies, like a child-size adapter seat and even a favorite book, so the tot is as comfortable as possible using the potty in an unfamiliar setting.

9. Use motivational rewards for your child, such as stickers, treats or even words of praise such as "I'm so proud of you!"

10. Don't be afraid to ask for help. Every child is different in how they master potty training—what works for one child may not work for all. Parents can get their unique potty training questions answered by calling the Pull-Ups® Totline at (877) 4BIG-KID.