

Pointers For Parents

Potty Training Tips

(NAPSA)—Potty training is an exciting experience for moms and toddlers, but it can also be challenging. The good news is that there are ways to help empower your child and make the process of potty training seem like child's play. Try these expert tips to make the process smooth and simple:

- **The Clock Is Not Ticking**—Remember, every child learns at a different pace. Potty training can take up to several months to complete. That's twice as long as many moms expect.

- **No Need To Go It Alone**—There are a number of sources of information that can help moms gain knowledge about the potty-training process. Many moms say they talk to their moms, other moms, doctors, teachers, and day care providers. Some join social groups and many search the Web for tips.

- **Tricks Of The Trade**—Some experts believe that kids need to feel wetness to potty train. So it may be a good idea to try a product such as Pampers Feel 'N Learn. It has a suspended wetness liner that provides a distinct wetness signal to a child, but then pulls the wetness away to the core of the pants, to help protect your child's skin.

- **Sing His Praises**—Be sure to let your child know just how proud you are of him for using the potty—or for even trying to use it. Tell him what a big boy he is or ask him if he wants to call grandma to



There are a number of ways parents can help make potty training seem easier.

tell her what he did. The more praise you give him, the better.

- **Create A Reward Board**—Track your child's progress with a visual, colorful board using stickers or gold stars every time they reach an important goal.

- **Make It Fun**—Try adding blue food coloring to the toilet water and let your child know that if they go potty in the toilet, the water will change colors.

- **What's In It For Them**—Instead of saying something like "Sit on the potty before we go to the library," try saying "After you sit on the potty we'll go to the library." That can help your child understand that something good will happen if he uses the potty.

For more tips and expert advice, visit www.pampers.com.