

bloom 

# POTTY TRAINING WITH CONFIDENCE

EXPERT TIPS AND TRICKS FROM BLOOM



# POTTY TRAINING DOESN'T HAVE TO BE SCARY!

At Bloom, we understand that potty training can feel overwhelming for many families. With years of experience helping thousands of children transition out of diapers, we've developed practical tips, tricks, and strategies to make the process as smooth and stress free as possible. This guide will walk you through everything you need to know to set your child-and yourself-up for potty training success.



## WHY POTTY TRAINING MATTERS

Potty training is a milestone for both you and your child. It fosters independence, builds confidence, and marks an important step in their development. Every child is unique, and there's no universal timeline-but with the right tools and mindset, you can help them succeed.

## THE BASICS OF POTTY TRAINING

### 1. When to Start

Look for these readiness signs in your child:

- Showing interest in the potty or watching others use the bathroom.
- Staying dry for longer periods during the day.
- Communicating when they've gone in their diaper or when they need a change.



If your child isn't showing any of these signs yet, don't worry! Every child develops at their own pace.

### 2. Create a Routine

Routine is essential. Dedicate specific times to sit on the potty-first thing in the morning, after meals, and before bed are great starting points.

# TIPS AND TRICKS FOR POTTY TRAINING SUCCESS

## **Tip 1: Underwear Under Diapers**

If you are hesitant about dealing with accidents, try this: put your child's underwear on first and a diaper over it. This way, they'll feel the wetness and discomfort of an accident without the mess, helping them associate the sensation with using the potty.

## **Tip 2: Choose the Right Equipment**

Invest in a potty chair or seat that fits your child comfortably. Let them help pick it out-it can make them more excited to use it!

## **Tip 3: Celebrate Small Wins**

Positive reinforcement goes a long way. Celebrate every success, no matter how small, with verbal praise, stickers, or a reward chart.

## **Tip 4: Dress for Success**

Keep clothing simple-elastic waistbands and pull-on pants are ideal. Avoid buttons or zippers that can cause frustration.

## **Tip 5: Books and Visuals**

Introduce potty-themed books or videos to help familiarize your child with the process. Seeing characters or peers use the potty can encourage them to try it, too.



# COMMON CHALLENGES AND HOW TO HANDLE THEM



## ACCIDENTS HAPPEN

Accidents are part of the learning process. Stay calm and use them as teachable moments. Avoid scolding your child; instead, gently remind them about using the potty next time.

## FEAR OF THE TOILET

If your child is scared of the toilet, don't force it. Start with a potty chair or let them sit on the toilet with their clothes on to get comfortable.



## REFUSAL TO USE THE POTTY

Sometimes, kids resist potty training. Take a step back and try again later. Pushing too hard can create unnecessary stress for both of you.



# SAMPLE POTTY TRAINING SCHEDULE

Here's a simple routine to get you started:

- Morning: Sit on the potty immediately after waking up.
- Midday: Encourage a potty break after meals and before naps
- Afternoon: Offer potty time during play breaks
- Evening: Use the potty before bath time and bedtime.

# ADDITIONAL TIPS FOR SUCCESS

- Keep extra clothes handy when you are out and about.
- Use a portable potty for travel or outings.
- Be consistent-stick with the routine even on busy days.



## THE ROLE OF PARENTS IN POTTY TRAINING

Patience and encouragement are key. Celebrate progress, stay consistent, and know that setbacks are normal. Potty training is a team effort, and with love and support, your child will master this milestone.

Potty training is a journey, and every child's path will look different. By following these tips and routines, you'll be equipped to handle the ups and downs with confidence. At Bloom, we're here to support you every step of the way.