

# 5 SURPRISING THINGS

*you don't need to wait for to start*

## POTTY TRAINING

Common Myths and Misconceptions



### FOR YOUR CHILD TO BE THREE YEARS OLD.

Research shows that the the physical development and readiness skills your child needs to potty train occur between 18 and 24 months.

Toilet Training Guidelines: Parents - The Role of Parents in Toilet Training, American Academy of Pediatrics



### FOR THEM TO PULL UP AND DOWN THEIR PANTS.

This is a key step in achieving full potty independence, but it is something you can help your child learn along the way, not a prerequisite to start.



### FOR THEM TO BE OUT OF THEIR CRIB.

Being in a crib doesn't put your child's potty training success at risk. Even for nighttime training!



### FOR THEM TO SAY THEY WANT TO USE THE POTTY.

It is pretty rare for a child to come out and say they want to potty train. Instead, look for other signs of readiness and introduce them to the concept at an early age.



### FOR ANYONE ELSE'S APPROVAL.

You are the expert on your child! Start when the timing feels right for your family instead of trying to meet an age window.