



TODDLER

Is Your Toddler Ready to Potty Train?

Potty training readiness signs no one tells you about. This guide helps you spot the signals, gather supplies, and start on the right foot, without the stress.

A free guide from maternity.app

Potty training isn't just about age, it's about readiness. Here's how to know when your toddler's good to go.

Spot the signs of readiness

- **Dry spells.** Your kid stays dry for at least two hours during the day.
- **Curiosity.** They show interest in the potty or bathroom habits.
- **Communication.** They tell you when they've gone or are about to go.
- **Physical cues.** They squat, hide, or pause when they need to go.
- **Independence.** They want to do things 'like a big kid.'

Gather your potty training essentials

- ☐ Child-sized potty seat or toilet adapter ring.
- ☐ Step stool for easy access to the toilet.
- ☐ Training pants or underwear.
- ☐ Easy-to-wipe clothing (no complicated buttons or zippers).
- ☐ Books or videos about potty training.
- ☐ Rewards like stickers or small treats.
- ☐ Cleaning supplies for accidents (because they'll happen).

Common potty training hiccups

Regression, accidents, and resistance are all normal. Stay calm, keep encouraging your kid, and avoid punishment. Every toddler learns at their own pace.

START SLOW

Potty training isn't a race. Introduce the potty gradually, let your kid explore it, and celebrate small wins. If they're not ready, pause and try again in a few weeks.

You've got this! With patience and the right approach, your toddler will master this milestone.