



TODDLER

The 3-Day Potty Training Method

Ready to tackle potty training? This guide outlines the 3-Day Potty Training Method, a focused approach that accelerates the learning process through active engagement and consistency. You'll find actionable steps and tips to help you through this important milestone with your toddler.

A free guide from maternity.app

Potty training can feel overwhelming, but with the right approach, it can be a smooth transition. The 3-Day Potty Training Method focuses on creating a dedicated environment for your toddler to learn quickly and effectively.

Clear your schedule for three days.

You need to devote time to this process. Being present helps you track your toddler's cues and reinforce learning.

The 3-Day Boot Camp Checklist.

- ☐ Clear your calendar: Stay home for 72 hours. No errands or distractions.
- ☐ Ditch diapers: Switch straight to underwear or go bare-bottomed.
- ☐ Push fluids: Offer water or juice hourly to create frequent practice opportunities.
- ☐ Prompt frequently: Take your child to the potty every 20 minutes on day one.
- ☐ Stay neutral: Praise success warmly. Never punish accidents.
- ☐ Limit potty visits to under 3 minutes to keep it upbeat.

Understanding the method.

This method uses basic behavioral principles. By prompting and reinforcing your child's successes, you'll help them connect the feeling of fullness with using the toilet.

Watch for signs of readiness.

WHEN TO CALL YOUR DOCTOR

Contact your pediatrician if your toddler actively holds stool or urine for long periods, experiences painful urination, or suffers severe constipation.

With consistency and care, you'll help your toddler take this big step towards independence. Stay patient and celebrate the small wins along the way.