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## Is Your Child Ready for Potty Training?

Just like any other developmental milestone, such as learning to walk or saying their first word, children are ready for potty training at different times. Typically, potty training starts between the ages of 18 months and 3 years, but some children are not ready or interested until closer to 4 years old.

Signs your child may be ready:

- Can identify a proper place to go to the bathroom
- Demonstrates awareness of the need to go
- Child can remain dry for up to two hours
- Wakes up from naps dry
- Child is uncomfortable when wet/soiled
- Child can understand and follow basic directions
- Child can tell you through words, expressions, or body language that they need to go
- Has demonstrated interest in the toilet or other people using the toilet
- Has regular, predictable bowel movements
- Is interested in wearing underwear
- Can get to/from bathroom and pull down/up pants and underwear

If your child has a majority of these skills marked, he or she may be ready for potty training!

If your child does not have most of these skills marked at this time, it may be best to wait a few weeks, or months, and refer to this checklist again.

Once your child has mastered potty training during the daytime, it may take up to 10 months before they are able to remain dry through the night.

Potty training is easiest when the child is ready. It is a big skill to learn, and there may be some temporary set backs on the road to success. It's best to be patient and remember that a setback does not mean failure!