

## 1) 'Is your child ready for potty training?'

### A checklist

You can only begin potty training when your child is ready. Using the checklist below, you can determine if your child is ready for potty training.

- My child can copy simple things that I do.
- My child makes it clear if he wants something or not.
- My child knows where things belong in the house and can put them back there.
- My child can sit and stand up again without my help.
- My child can pull down and pull up a pair of pants (loose-fitting) without my help.
- I can communicate with my child and explain the purpose of a Magic Potty™.
- My child has an interest in the Magic Potty™ or in going to the toilet.
- My child indicates when he is wetting his nappy or has just done so.

Did you tick all the boxes? Then your child is ready to become potty trained and you can begin according to the action plan.

Are some boxes still not ticked or do you have doubts about some questions? It could be that it is still a little too early. One day you will know for certain that the right moment has arrived.

## 2) 'Potty trained in 10 steps with the Magic Potty™'

### **Potty trained with the Magic Potty™...how does it work?**

Potty training is an important step in your child's development. If it succeeds, your child will feel grown-up and proud of himself. Naturally you want to help him as much as possible. But how?

The practical action plan below describes step by step how you can encourage your child in a pleasant way to become potty trained with the Magic Potty™.

### **Also good to know:**

- It is not advisable to begin potty training during an exciting period, for example, around your child's birthday or if a brother or sister has just been born. There is a greater chance that it will not succeed, and that can be an unpleasant experience for your child.
- If your child is going through a rebellious and stubborn patch, it may also be better to wait a bit.
- Helping your child become potty trained requires time, attention and a consistent approach. If you are going through a very busy time or have many things on your mind, then it may also be sensible to postpone the potty training for a while.

## **Important!**

**Give your child many little compliments** with each small step forward. It is good for your child's self-confidence and it motivates him to continue to do his best.

**Do not get cross** if your child keeps on wetting his pants. He really is not doing it intentionally. Instead, try to ignore all these little 'accidents'.

**Do not pressure** your child, even though you would really like him to be potty trained fast. There is then a chance that your child will resist or become very uncertain.

**1** Let your child see and play with the Magic Potty™. Meanwhile, tell him what it is for and ask if he would like to try sitting on it with his clothes on. If your child would rather not do so, then do not pressure him.

**2** Together with your child, place a favourite doll or bear on the Magic Potty™. Tell him again what the Magic Potty™ is for. Now also pour a little warm water in the Magic Potty™. Your child can then see what happens to the sticker. Encourage your child again to try sitting on the Magic Potty™.

**3** Does your child already want to sit on the Magic Potty™ with clothes on? Great! Then suggest sitting on the Magic Potty™ without pants. Say that a picture appears if he urinates. If nothing happens, it does not matter. Reward your child just for sitting on the Magic Potty™.

**4** If your child remains sitting on the Magic Potty™ without clothes on, he will probably sit a bit longer with a nice book to look at, and there is then a greater chance he will urinate. You can use the enclosed book\*, in which the Magic Potty™ sun plays the leading role. When you get to the last picture, make your story connect to the sticker in the Magic Potty™. If your child wants to keep looking at the sticker in the Magic Potty™, make an agreement that he may only look when the story is finished.

**5** You can often see on your child's face or from his behaviour that he is doing something in his nappy. Try to respond immediately by asking if he wants to sit on the Magic Potty™. Don't worry if you are usually too late. The point is that your child learns to recognise the feeling of a full bladder.

**6** Try to discover at what time of day your child usually wets his nappy and sit your child on the Magic Potty™ each day at that time while you read aloud again from the book. If you repeat this daily, then it soon becomes a ritual.

**7** Around this step, it is possible that your child will really do something in the Magic Potty™ for the first time. If you tell him very enthusiastically how clever you think that is, he will be very proud of himself.

**8** It may be that your child does not want you to just empty out the Magic Potty™. He may find it a shame or a bit scary. Try to make the emptying out a fun ritual as well. If your child remains resistant to this, then it is better to empty it when he is not looking.

**9** If your child already urinates occasionally in the Magic Potty™, it is time to go shopping for underpants together. Your child will feel really grown-up then and that is an incentive for him to continue doing his best. It is practical to make an agreement that he only wears the underpants at home.

**10** Even though your child now knows what must be done, it can still be difficult to recognise a full bladder on time. You can best avoid wet pants by keeping to fixed times for your child going on the Magic Potty™. Meanwhile, help your child by occasionally reminding him to go to the potty on time.