



TIPS AND TRICKS

Tips for Nighttime Potty Training:

- 🍃 In order to successfully night train, your toddler needs to be able to get out of bed. It is time to transition out of their crib!
- 🍃 Give your toddler less water/fluids to drink before bedtime.
- 🍃 Encourage your child to use the potty before bed.
- 🍃 Pull on diapers are okay but call them nighttime underwear.
- 🍃 Purchase nightlights for your child's room, the bathroom and any area between their bed and the potty, allowing for a safe journey.
- 🍃 Expect your child to have some accidents at night, add padding or towels above the sheets allowing for quick changes and less of a mess!

