

CHECKLIST FOR LITTLE HEROES



4-6 months before

- dates set & time blocked around and after those dates, take time off maybe create your own potty calendar
- say goodbye to night time feeding and bedtime meals in time
- „Wenn wir die Windel erst mal los sind! Haha! Das wird toll!“
- Get 2-3 children's books on the topic of potty training and gradually start reading them to your child (not all at once!) In the end, your child will decide which book he or she wants to read over and over again.
- buy a potty
- "Once we get rid of the nappy! Haha! That'll be great!" complemented by the question "And do you know what we'll do then? ... Buy knickers!"
- Plan for or include siblings.
- Recruit help for emergencies and/or training support.

1 month before

- Start talking about what kind of undies your child would love to have. Always end with the sentence "Well, we'll see what's available and YOU choose!"
- For the sticker charts: either paper and crayons or print out the charts. either print out stickers on sticker paper or buy plenty of different sticker sheets.
- Buy/order & Wash Molton Underpads
- 4 to 6 small gifts (mini colouring book, mini books to read on the toilet, a mini Lego figure, or similar)
- 2 to 3 larger gifts (a doll, a car that can do something, a dinosaur)

2 weeks before

- Shopping: stock up on daily needs and hygiene articles, food, drinks
- Pre-cook and freeze food or otherwise prepare meals.

Count Down last week

- "You know what we're doing next week / in a few days / tomorrow? ... Potty training! Yeahh! ... Are you ready?", "Tomorrow we'll go buy knickers! And we'll wash them and then we'll do potty training the next day!"
- Last-minute errands. You will be housebound for a few days.

1 day before

- Go buy undies together (cut out the labels!!)
- Wash and dry undies together
- Make beds and put on molleton pads
- Prepare everything (wet wipes, pants, paper and pens, stickers, presents ...)

- In the evening, go over the "Three Days Awake Chapter" again and take a deep breath!



pull down
my pants



sit on my potty



pee in my potty



wipe



wash my hands





pull down my pants



sit on my potty



pee in my potty



wipe



wash my hands





pull down my pants

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sit on my potty

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pee in my potty

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wipe

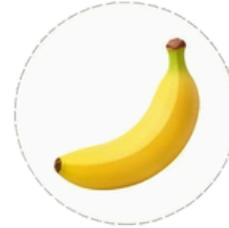
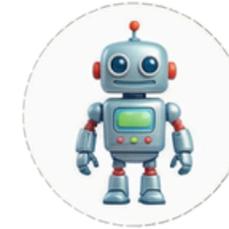
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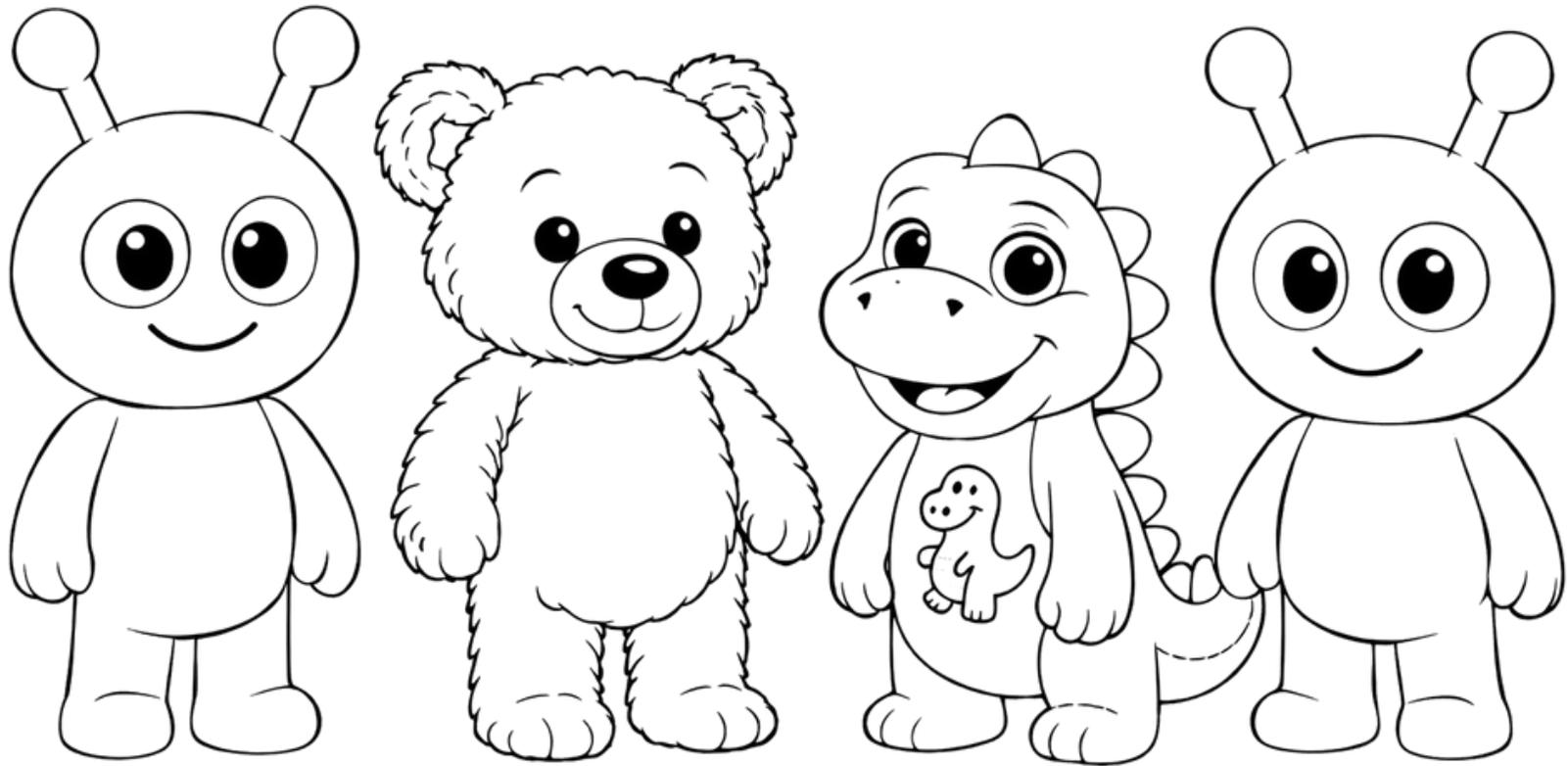


wash my hands

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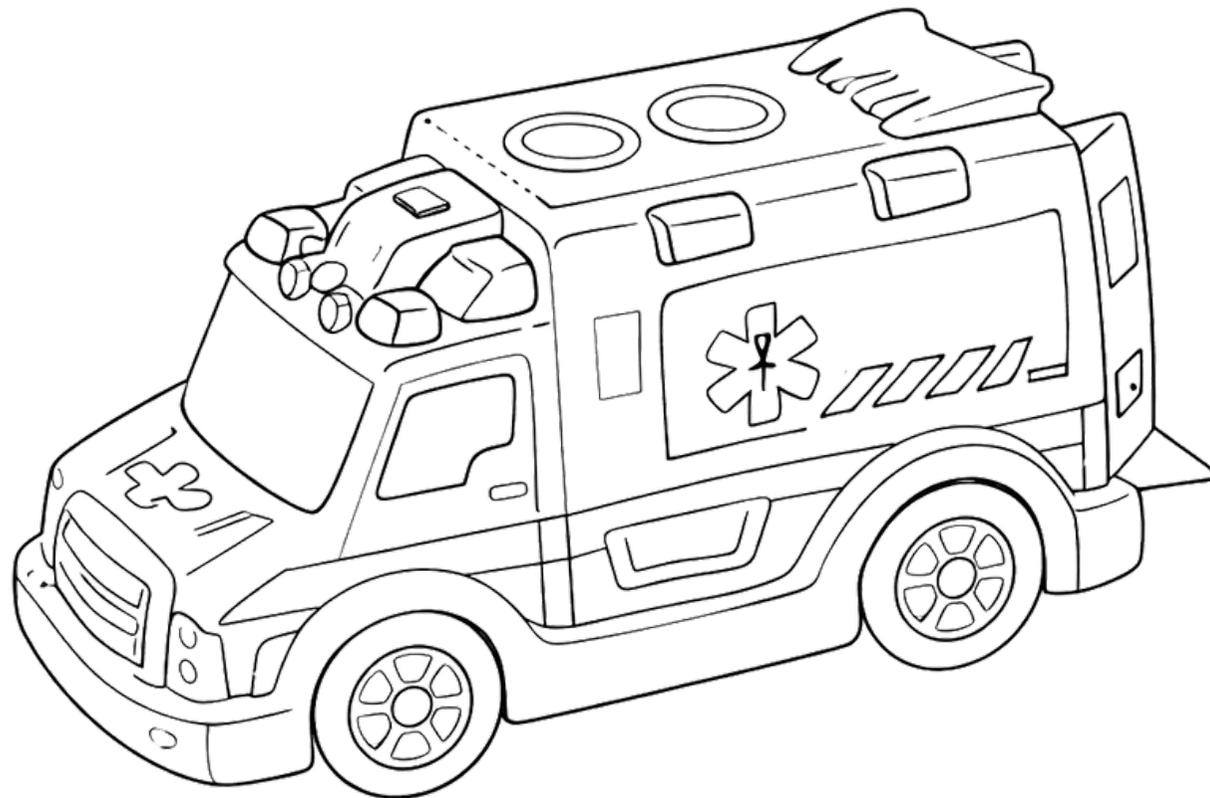












THE POTTY TRAINING SERIES

PRACTICAL GUIDANCE FOR PARENTS.
STORIES AND COLORING FUN FOR KIDS.

