

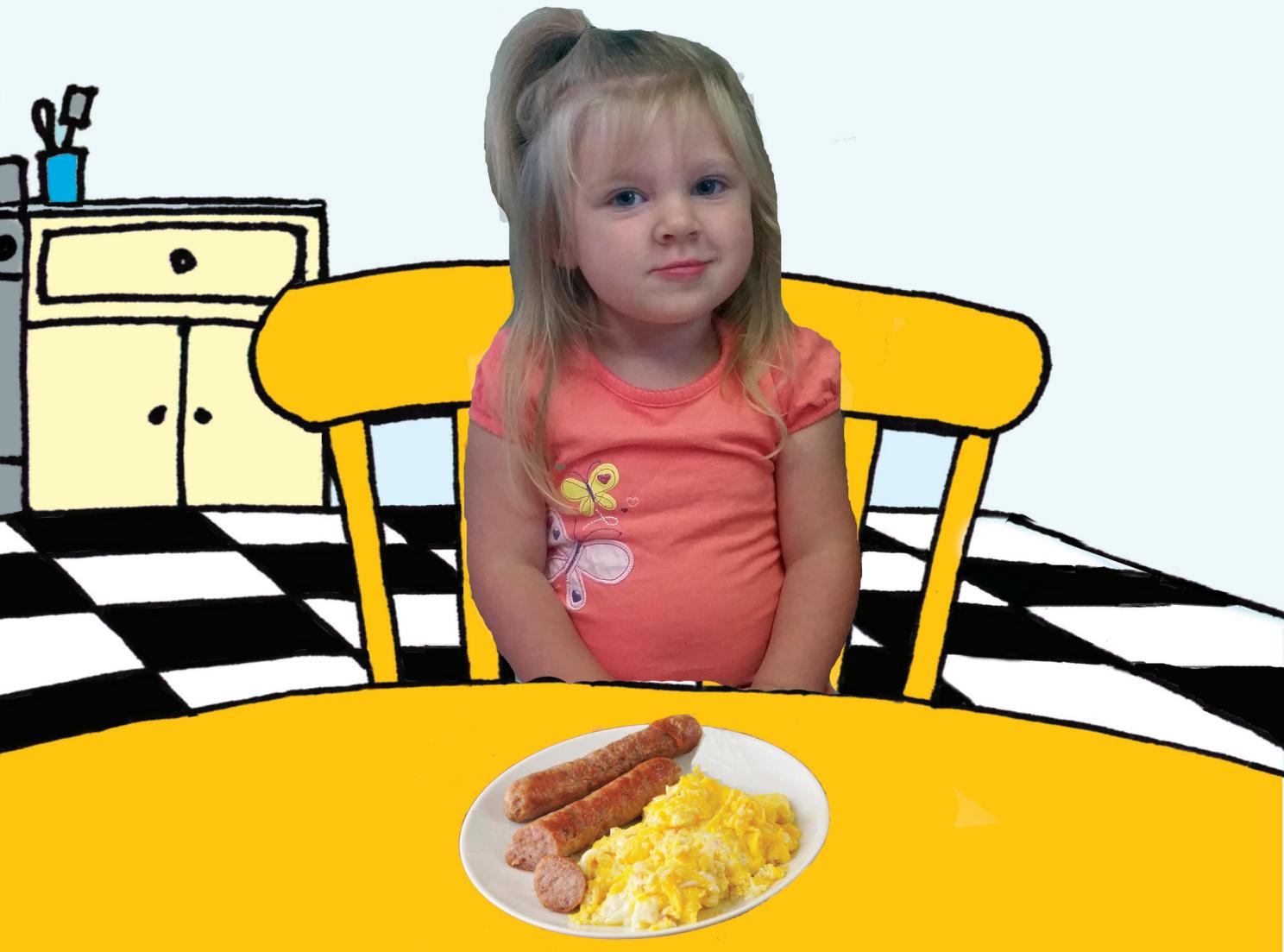


This book was created
especially for Mariah

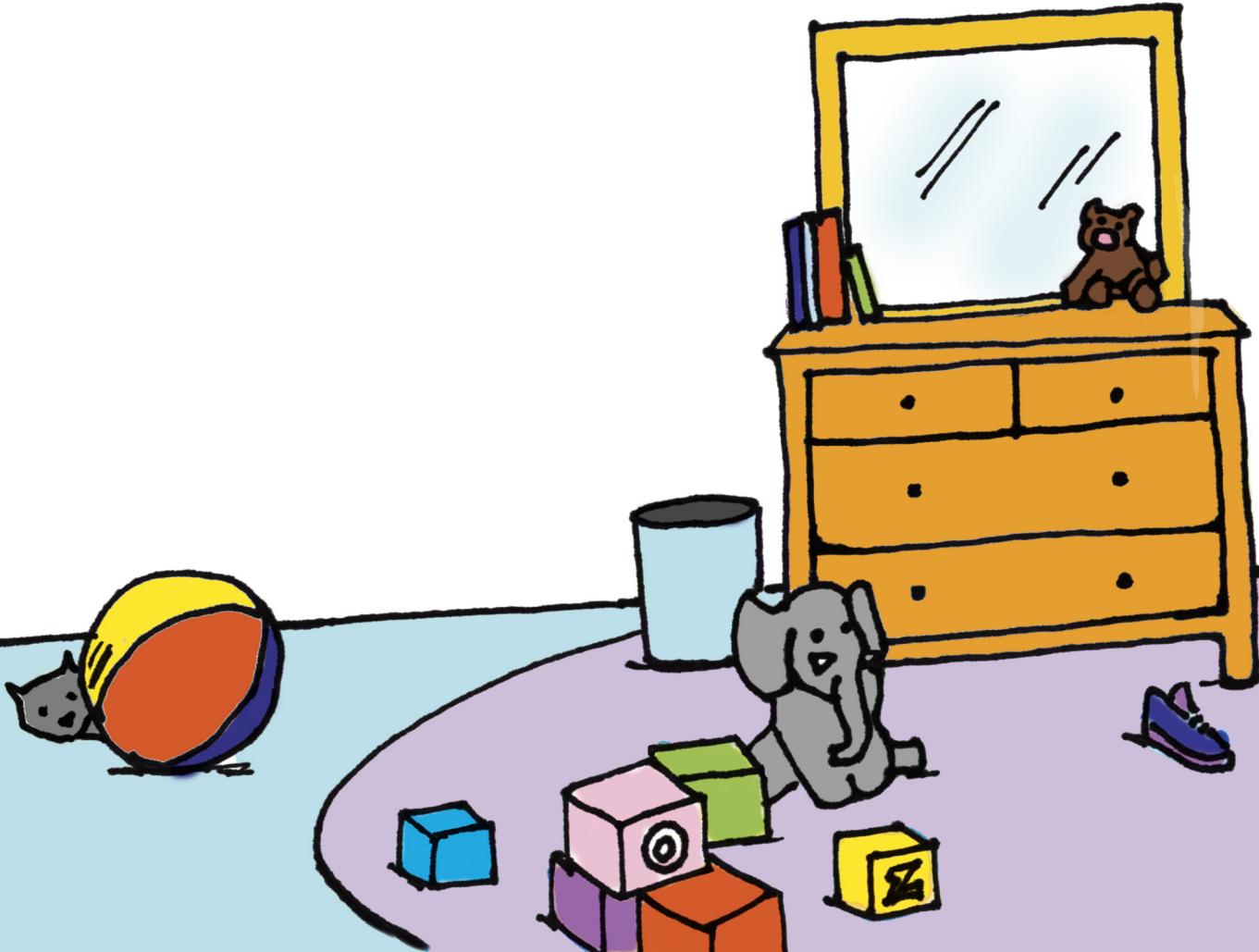
Love,
Mom and Dad

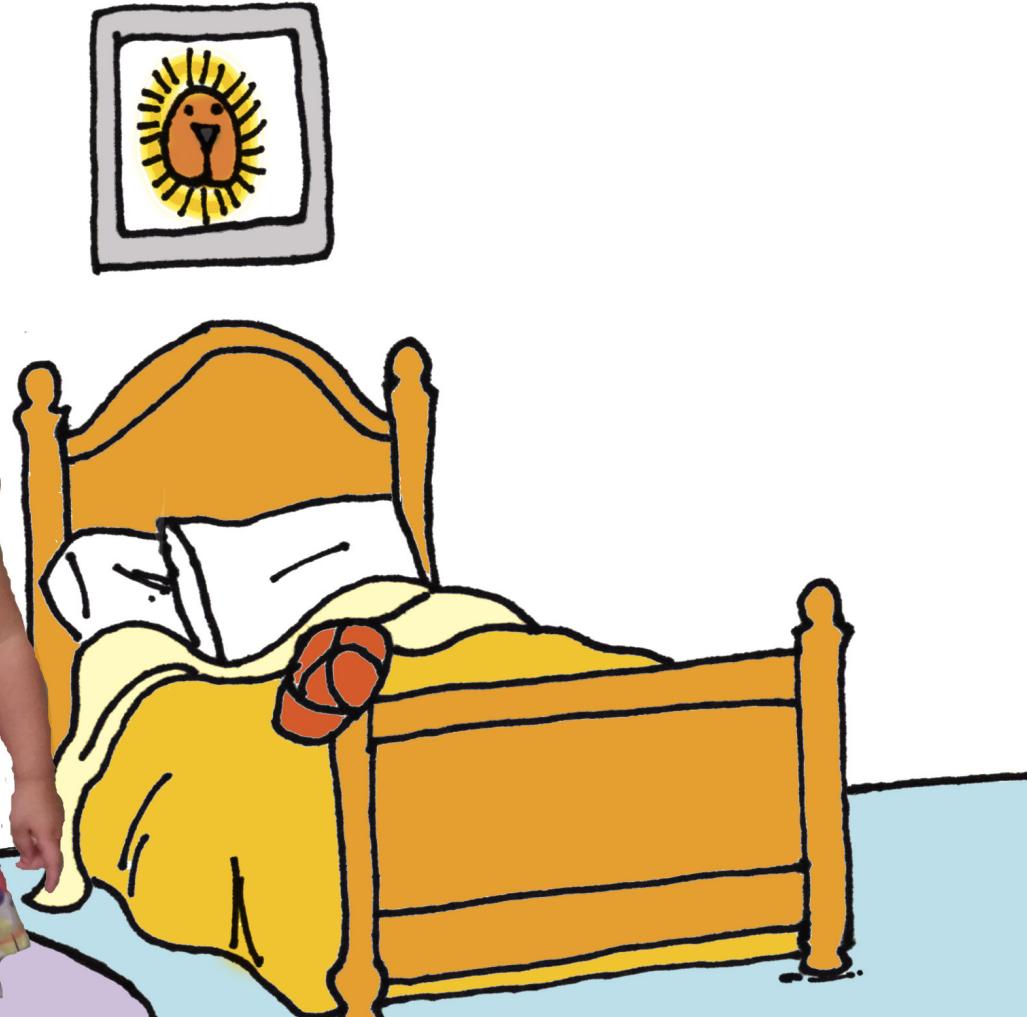
In the morning Mariah wakes up, stretches, and goes to the kitchen to eat. She eats her favorite breakfast of sausage and eggs.



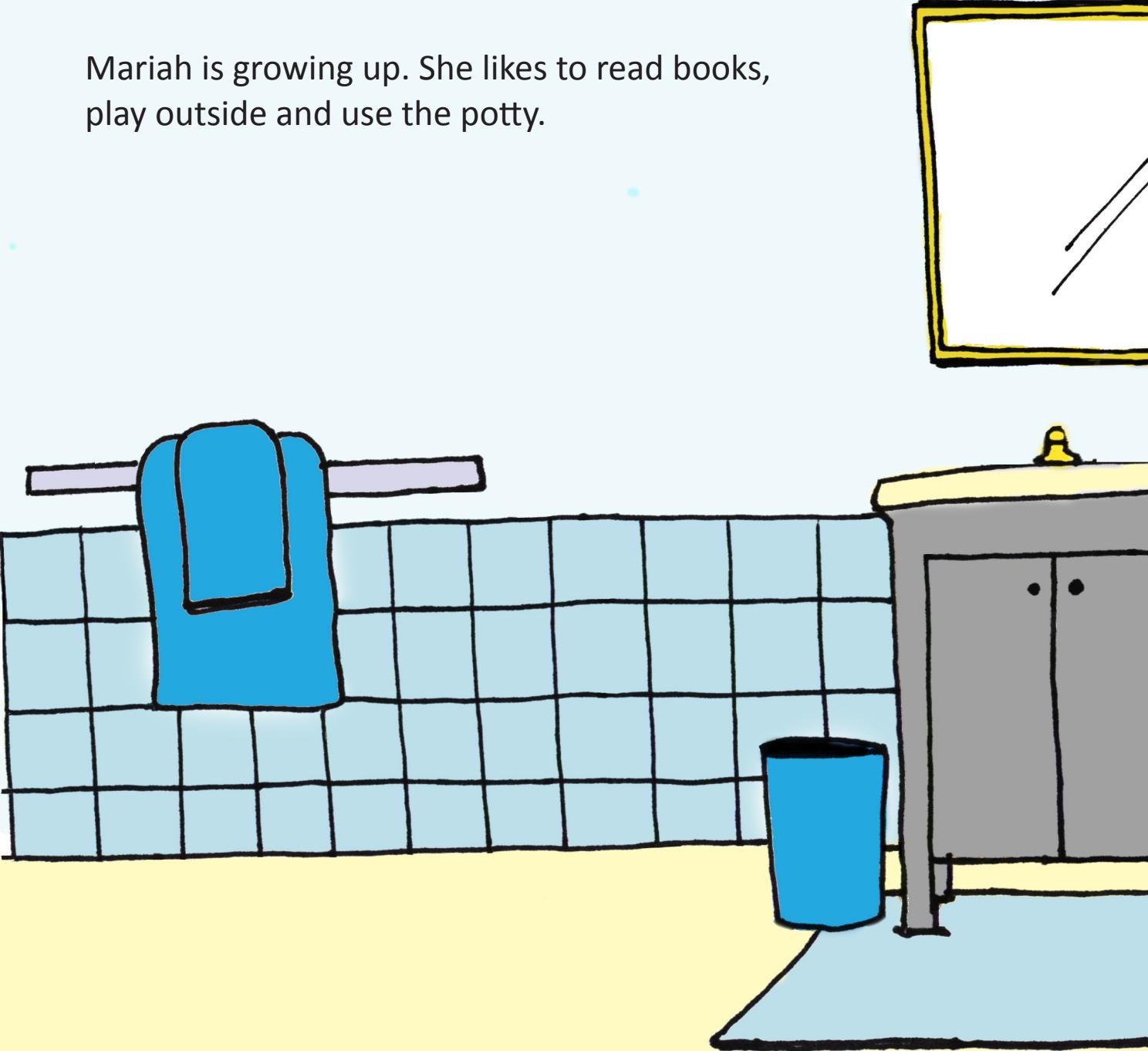


Today is special. When Mariah gets dressed, she will wear underwear! When Mariah was one year old, she wore diapers. Now Mariah is two years old, wears underwear, and uses the potty.





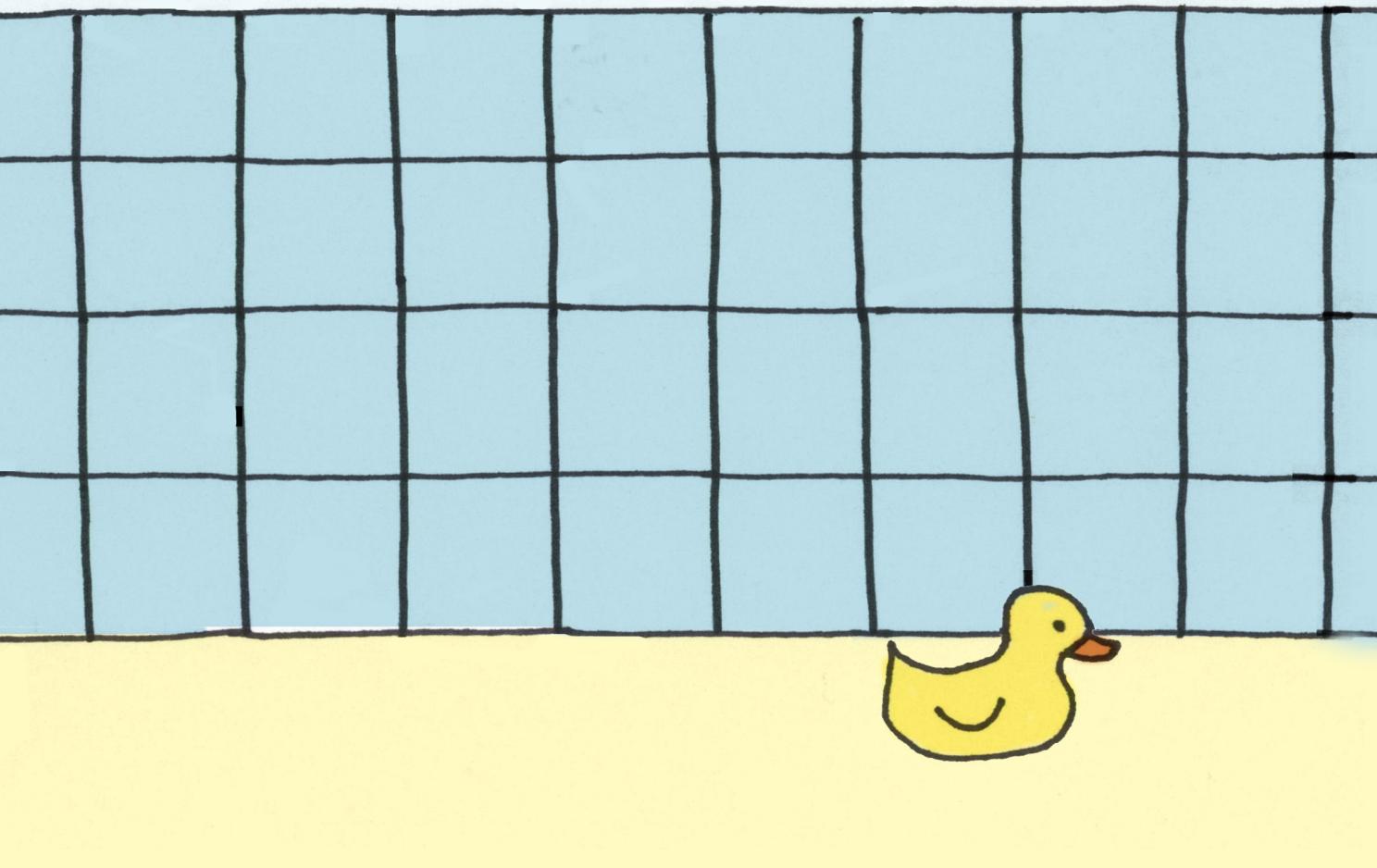
Mariah is growing up. She likes to read books, play outside and use the potty.

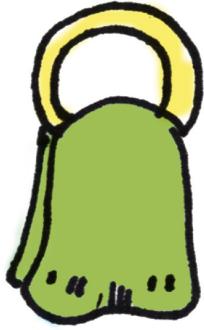






Mariah tells Mom and Dad when she has to go potty. She sits down on the toilet. She waits. Then she hears her potty! Mariah cleans her body and pulls up her underwear.





She did it! Now it's time to wash her hands. She uses soap and water to make a lot of bubbles. Then she dries her hands.

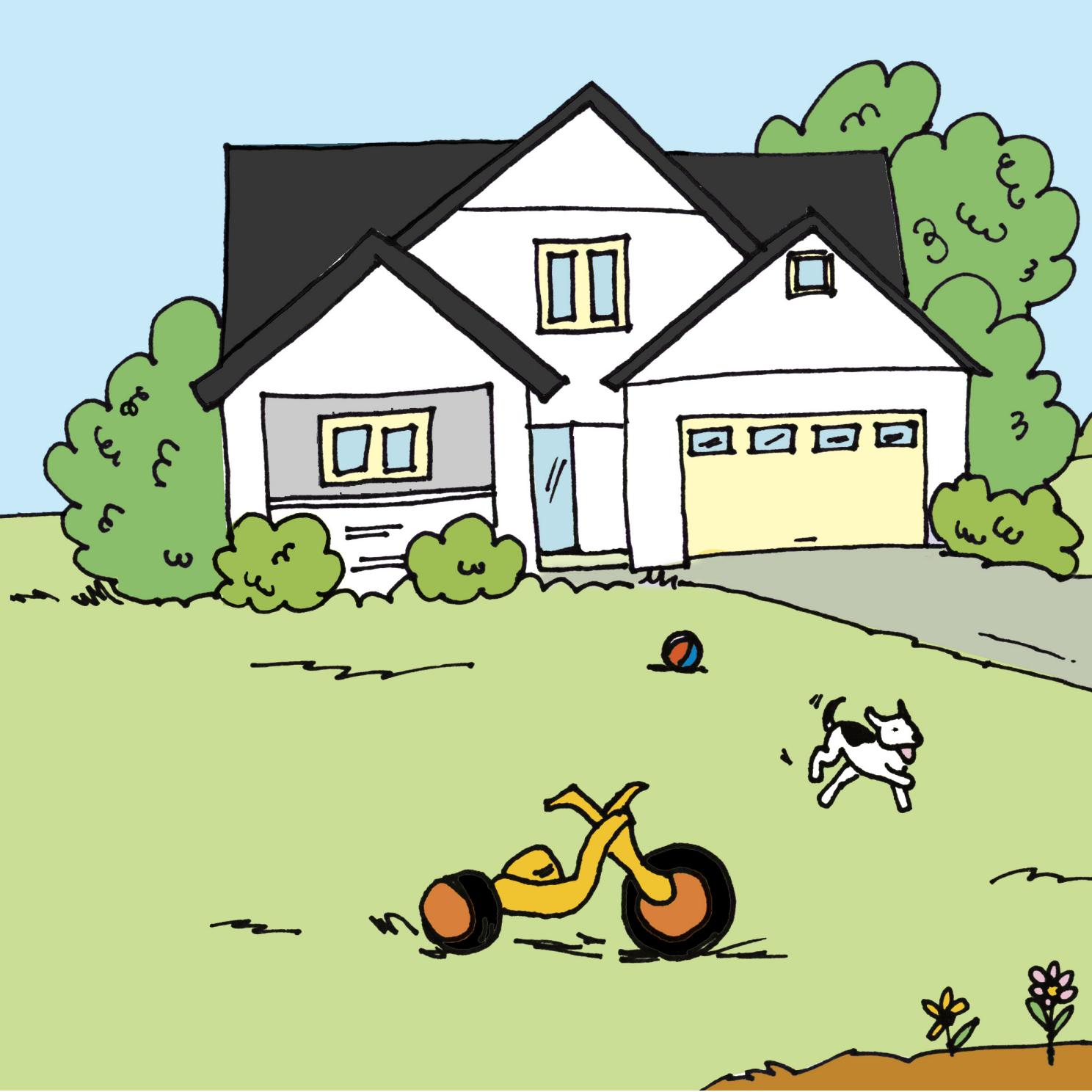




Mom and Dad are so excited, they clap and cheer. It's a potty party! Now Mariah gets a mini candy bar.







Mariah did it! Mom and Dad are so proud!
Mariah can wear underwear!



Potty Training Tips

- Work together. If your child attends child care, communicate with his or her teacher to be sure the procedure, incentives, and terms being used at home can also be used at school.
- Frequency. At the start of potty training, attempts to go on the potty should be frequent because it increases the chance of success. Commit to going frequently even if it means altering your weekend plans, it will pay off in the long run!
- Explain the benefits. Point out to your child that being potty trained means no diaper changes and a quicker trip to the bathroom which gets the child back to playing faster.
- Talk it through. Provide a commentary for the child as they go through the steps of the potty training to reinforce their appropriate behaviors and give them a step by step guide. (For example, “You remembered to push your pants and underwear down!” or “Right after you flushed, you walked to the sink to wash your hands with soap, great work!”)
- Be consistent. When you decide to make the leap from diapers into underwear, avoid going back. It is confusing for a child to sometimes be asked to use the toilet and at other times to be able to wet or soil their pants. The exception to this is at night time, when children may require more support for longer.
- Motivation is key. Identify a motivating factor to reward your child with when they are successful. It could be a small candy, sticker, special song, or time with a special friend. The reward will be most effective if it can only be earned after successful potty training moments and not at any other time of the day. Let the child know how proud you are of their efforts!
- Be realistic. Young children are not perfect and your child will likely have occasional accidents. Be patient and remember to celebrate the successes together.
- Have fun! Sitting on the toilet should not feel like a chore. Engage your child in songs, finger plays, or read books (like this one!) while they try.



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