Most children are ready for toilet training sometime between their second and third birthdays. Keep in mind two things: first, everyone eventually becomes toilet trained. Your child will, too. Second, your child is ready when she is developmentally ready. Don’t pressure your child—this could be stressful for both of you.

**Signs that your child is ready:**
- Interest in wearing underpants instead of diapers
- Interest in being clean and dry
- Able to stay dry for several hours at a stretch
- Able to dress and undress on their own

**What you can do:**
- Use pull-up diapers or training pants
- Make full use of books, videos, dolls, sticker charts, rewards, etc
- Let your child choose some of the stuff they will need (potty seat, underpants, etc)
- Be consistent; give your child reminders to use the potty
- Let other caregivers know that you’ve started toilet training
- Be patient, be prepared, and expect accidents

For more information visit thecapcenter.org or call 916-244-1906