

Children's Health Tips

brought to you by Sutter Roseville Medical Center



Sutter Roseville Medical Center provides women and children in Placer County advanced medical care in a family-centered environment. Sutter Roseville's renowned Family Birthing Center, which was recently updated and expanded, is the only one in the Sacramento region to receive the Maternity Care Excellence Award and a five-star rating from the national consumer group HealthGrades for two consecutive years (2009/2010). In October 2008, it became the first hospital in Placer County to open a Neonatal Intensive Care Unit for preemies and other babies who need specialized care.

Potty Training: Is Your Child Ready To Take the Plunge?

At what age do you start potty training? This is a common question for many parents.

Typically children are ready between 18 months and 3 years of age. But with potty training, age isn't the critical factor, it's when your child is developmentally ready. Potty training is a big developmental step for children, and every child shows readiness at a different age. So how do you know when it's time to buy a potty chair?

Your Child May Be Ready If:

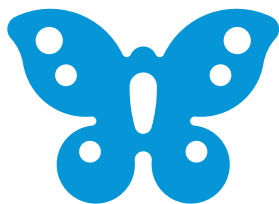
- They stay dry for at least two hours
- Have regular bowel movements
- Are uncomfortable with a dirty diaper
- Ask for a diaper change or to sit on the potty
- Can pull their pants up and down
- Can tell you with words or facial expressions that they need to pee or poop

Tips for Success

- Make sure you are also ready for potty training too. You need to have time and patience to work with your child
- Avoid stressful times such as the arrival of a new sibling or moving to a new home
- Go at your child's pace. Every child goes through potty training differently so be flexible and have patience
- Give your child praise and encouragement when they are successful
- Expect accidents and setbacks. Accidents happen when children are tired, sick or are feeling pressured to use the toilet

Things to Remember

Potty training can take as little as a few weeks or several months. Realize your child is the one in control of potty training and all parents can do is be supportive, patient and praise their child's successes.



**Sutter Roseville
Medical Center**

A Sutter Health Affiliate

With You. For Life.

sutterroseville.org

