# Super Potty POWER



### 1. The Basics

Each child is different but the general age range to start potty training is 18-24 months. Start by making positive associations with the toilet early on, such as showing your child how you sit on the toilet to go "potty".

# 2. Routine

Establish a routine with your child that encourages them to use the potty throughout the day.

## 3. Patience

Potty training takes time and every child is different, an abundance of patience is necessary ...and a little laughter is helpful too.

# 4. Stay Positive

Even if nothing happens, help your child feel good about the process with positive reinforcements such as singing songs, clapping hands or give them stickers.

# 5. Washing your hands

Encourage healthy habits from the start by teaching your kids how to wash their hands. See hand-washing tips on the other side.

Captain Clean is here to show Diddit how to wash his hands after using the potty.



Wet your hands with clean, running water and apply Kandoo Bright Foam soap.



Rub your hands together and scrub them for at least 20 seconds.

**TIP:** Teach kids to hum the "Happy Birthday" song twice while washing their hands.



Rinse your hands well under running water. Dry your hands using

a clean towel.

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