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### KEY POTTY TRAINING MISTAKES TO AVOID

1. **Scheduled Prompts:** Do not prompt your child by the clock (every hour, half hour, etc.). Your child will be told to sit on the toilet when he does not have to eliminate which will work against responding to full bladder/colon. In the early stage of training prompt your child when you are confident that he/she has a full bladder. It is helpful to prompt BEFORE 'screen time'.
2. **Sitting on the Toilet After Accidents:** Do not sit your child on the toilet following a wet diaper/pullup or wet underwear. Your child will learn to sit on the toilet *after* wetting his pants, not before. Also, he will be sitting when he no longer has to void.
3. **Back and Forth from Pull-ups to Underwear:** It is confusing for your child to switch back and forth. This decision is usually based on convenience or mess, but your child may not be able to learn the rule.
4. **Accident Forgiveness:** Do not reassure your child that it is okay to have accidents. While the intention is to protect your child from feeling sadness or shame, it makes it more difficult for your child to maintain motivation to get to the toilet in time. He/she may stop making the effort and could lose training altogether.
5. **Prompting After Training:** Once your child has self-initiated to the toilet, continuing to prompt undermines your child's ability to respond to his/her body signals. He/she will begin to rely on you to go to the bathroom, ignoring his/her body signals.