

## Potty Training at Night

*Potty training your toddler is one of the most important jobs you have as a parent. Figuring out how to make it through the day accident free is a huge milestone for parents. But what happens when your kids go to sleep and have to make it through the night without wetting the bed? These useful tips will help you transition to potty training at night, while promoting restorative sleep for parents and children alike.*



### Potty Training at Night

Believe it or not, being potty trained at night can come months (or even years!) after your child is keeping their underwear dry all day long.

#### **1. Are they ready?**

Just because your sweet toddler is a pro at using the potty all day long does not mean she is ready to make it through the night accident-free.

A good indicator that they *are* ready to take the leap is if they are already waking up dry in the morning (and keep it up for several weeks.) You can use this development as the go-ahead for facilitating nighttime potty training.

#### **2. Establish a Routine.**

A nighttime potty training routine is simple. Make sure your child goes to the bathroom right before hopping into bed at night. Make sure they try, even if they say they don't have to go.

Be sure to let your child know that they need to listen to their bodies even when they're sleeping. And if they have to go potty, they need to get out of bed and walk to the bathroom.

Install nightlights in the hallway and in the nearest bathroom, and let them practice getting out of bed to go potty.

### **3. Should you wake them up?**

Some parents approach nighttime potty training by setting alarms and waking kids up at the same time each night to train their bodies to wake up and use the potty. Some parents wake their child up just before they head to bed themselves. And some parents never wake their kids up at all.

If you really feel like your child is ready to stay dry all night long, see what happens the first few nights. If there are frequent accidents, you can either start waking them up throughout the night to use the potty – or just wait to tackle nighttime potty training until they’re really ready.

### **4. Should you stop liquids at night?**

Some parents swear by cutting off all liquids after dinner. Other parents send their kids to bed with water bottles. Which solution will have your child staying dry all night long?

### **5. Bedwetting Hack**

No one wants to spend time, in the middle of the night, putting clean sheets on a bed when you could be sleeping! When you’re first starting out with potty training at night, do yourself a favor and invest in one (or two) mattress protector.

### **6. Set your expectations.**

It can be defeating to face a freshly peed set of sheets each morning and a child who has no recollection of what happened. Spare your potty-trainer the resentment and disappointment, and remember that this is not forever. YOU no longer pee the bed, and they won’t be peeing it forever either. Your patience and grace are crucial for this nighttime transition because you do not want to send your child to bed with the fear of doing something wrong. Or worse, disappointing you.

This is also the time to really decide if your child is ready for potty training at night. Did you start nighttime potty training because your child is begging to ditch the diaper at night? Is it because YOU feel like they should be wearing underwear?

Additionally, don’t hesitate to reach out to your pediatrician if bedwetting becomes an ongoing issue.