



THE COMPLETE POTTY SYSTEM

Birth to Independence • Every Phase • Every Product • Sign Language Built In



PHASE 0

Elimination Communication

0–6 months



PHASE 1

Signals & Signs

6–12 months



PHASE 2

Active Training

12–24 months



PHASE 3

Independence

24–36 months



PHASE 4

Out & About

Ongoing



PHASE 5

Night Training

30–48+ months



WHAT MAKES THIS DIFFERENT:



ASL Sign Language embedded in EVERY phase — not separate



Dad + Child shared step indicators throughout



Bum spray / peri bottle technique for gentle wiping



Potty songs and jingles — musical cues that trigger routine



Age-specific book recommendations per phase



Complete product guide — Value + Premier + Eco tiers



Dry-erase checkboxes — laminate and reuse daily



Elimination Communication from birth — Caribbean & global tradition



HOW TO PRINT:

Paper: HP Premium 32lb matte or Hammermill Premium Color Copy 32lb

Laminate: Scotch Self-Seal Pouches or Scotch Thermal Laminator

Mark: Dry-erase markers • Wipe clean nightly • Reuse forever

Print: Chrome → Ctrl+P → Margins: None → ✓ Background graphics



SCAN FOR THE COMPLETE GUIDE

Full guide, products, and print setup. Scan → thedadsystem.org/pottytrainingguide



SUPPORT THIS PROJECT

Optional support if this system helped your family.



Phase 0: Elimination Communication

0–6 months • Start from birth

Start from birth. Build the brain-body connection. Practiced across Caribbean, African, and Asian cultures where babies commonly train by 12 months. You're teaching her body to communicate with yours.


👉 GOLD BADGES = ASL sign for that step. Use the sign EVERY time. She signs back by 8–12 months.



1  **Observe elimination patterns** 
Track 3 days. Most go after feeding, upon waking, during changes. Write the times.

2  **Create a cue sound — every time** 
"Pssss" for pee, gentle grunt for poop. Same sound = association within days.

3  **Start POTTY sign from DAY ONE** 
Use at every diaper change. Every offer. She signs back by 8–12 months.

👉 POTTY
Fist, thumb between index + middle finger, shake side to side

4  **Hold over potty at cue times** 
After feeding, upon waking. Squat-like hold + cue sound. No seat needed yet.

5  **Narrate every elimination** 
"You're doing a pee! Pssss!" Name it every time. Vocabulary before speech.

👉 WET
Open hands at chest, fingers together twice (dripping)

6  **Narrate dry diapers too** 
"You're DRY! That feels nice!" Teaches contrast between wet and dry.

👉 DRY
Index finger sweeps across chin left to right

7  **Track catches vs. misses**
Notes app or paper. Pattern emerges in 1–2 weeks. Catches increase rapidly.

🎵 CUE SONG — Sing During Every Potty Hold:

"Pssss pssss, time to go! Pssss pssss, nice and slow! You're so clever, yes you are! Pssss pssss, little star!"



Phase 1: Signals & Signs

6–12 months • She communicates back

She starts signaling back. Recognize and respond immediately. By 12 months, many EC babies have more catches than misses. Signs are her primary communication tool.

👉 She may start signing POTTY back between 8–12 months. Respond IMMEDIATELY every time.



1



She signs POTTY back to you!

Drop everything and respond. Speed of response = speed of learning.

👉 POTTY

Fist, thumb pokes out, shake side to side



2



Introduce the small potty

BabyBjörn Smart Potty in bathroom. Familiar furniture, not scary.



3



4 anchor times daily

Upon waking, after meals, before bath, before sleep. Never skip these.



4



Read potty books on the potty

Reading ON the potty = positive association. See Books & Songs page.



5



Wave bye-bye to the flush!

"Bye bye pee pee!" Celebration ritual. Use ALL DONE sign.

👉 ALL DONE

Both open hands palms in, flip outward



6



Pair verbal cues WITH signs

"Do you need potty?" + sign. Dual-channel = faster learning.



7



Teach HELP sign

She asks for help before she can say the word. Prevents frustration.

👉 HELP

Flat hand on fist, lift both up together

🎵 BYE BYE SONG — Sing at the Flush:

"Bye bye pee pee, down you go! Bye bye pee pee, wave hello! Flush flush flush, all done today! Bye bye pee pee, on your way!"




Phase 2: Active Training


12–24 months • Build the habit loop


She knows the feeling and the sign. Build the habit loop. No shortcuts. Repetition, celebration, patience.


👉 Continue all signs. Add ALL DONE after every success. 🎵 See Songs page for potty jingles!


1  **Training pants — daytime only**
 She must feel wet. Diapers wick; training pants teach consequence.
 👉 **WET**
 Fingers drip at chest — no shame, just naming

2  **Potty watch vibrates every 30–45 min**
 Watch is the boss, not you. Removes power struggle.

3  **Increase water intake**
 More water = more practice. Not juice — water.

4  **Comfort items on the potty** 🧑🏻
 Book, toy, or sing together. Never rush her off.

5  **Celebrate EVERY success!** 🧑🏻
 Clap, cheer, sticker! "YOU DID IT!"
 👉 **ALL DONE**
 Both hands palms in, flip outward

6  **ZERO punishment for accidents** 🧑🏻
 "Oops! Your body is learning. Let's clean up together."

7  **Elastic waistbands ONLY**
 Pull up/down in 2 seconds. Dresses are fastest.

8  **Sticker chart on the wall** 🧑🏻
 She places sticker herself. 5 stickers = reward (not food).

🎵 POTTY SONGS — Sing Every Time!

🎵 SITTING SONG:

Sit, sit, sit on the potty! Take your time, there's no hurry! Sit, sit, sit on the potty! You are doing so great today!

🎵 DANIEL TIGER:

If you have to go potty — STOP! And go right away! Flush and wash and be on your way!



Phase 3: Independence

24–36 months • She does it herself

She goes on her own. You're the safety net. Goal: initiates, executes, cleans up with minimal help.

1



She walks to potty herself

Step stool permanent. She initiates.

👉 POTTY

Acknowledge her sign even now

2



She pulls pants down and up

Elastic waistbands. Practice during dress-up play.

3



Bum spray before wiping

Peri bottle spritz. Gentler, cleaner, prevents rash and irritation.

4



She wipes — you check

Front to back ALWAYS. She tries first, you do "check wipe."

5



Count 4–5 squares

Pull, fold, wipe, check. If clean, done!

6



Flush + wave bye bye!

She flushes, waves, says bye. Ritual closes the sequence.

👉 ALL DONE

Both hands flip outward

7



Wash hands EVERY TIME

Soap, 20 sec, rinse, dry. Non-negotiable for life.

👉 WASH HANDS

Rub palms in circles

8



Celebrate the milestone!

"ALL BY YOURSELF!" Mark the day. She earned it.

🎵 SONGS FOR THIS PHASE:

🎵 CELEBRATION:

You did it, you did it, you really really did it! The pee went in the potty and we're SO proud of you!

🎵 HAND WASH:

Wash wash wash your hands, scrub them all around! Soap and water, rinse them off, cleanest hands in town!

🎵 PHASE 3 SONGS — Celebrate & Clean!

🎵 CELEBRATION:

You did it, you did it, you really really did it! The pee went in the potty and we're SO proud of you! Clap clap clap, hooray!

🎵 HAND WASH (20 sec):

Wash wash wash your hands, scrub them all around! Soap and water, rinse them off, cleanest hands in town!



Phase 4: Out & About

Ongoing • The system works everywhere

Car trips, restaurants, parks, grandparents'. Preparation eliminates panic. A parent with a go-bag never gets caught off guard.



1



Travel potty in car — ALWAYS

OXO Tot 2-in-1 Go Potty. Standalone + seat mode. Lives in trunk.



2



Potty go-bag packed

2 outfits, wet bag, wipes, seat cover, sanitizer, bum spray, plastic bag.



3



Waterproof car seat liner

Piddle Pad. Saves 45 min of deep cleaning. Non-negotiable.



4



Public restroom: seat + calm

Portable cover. Same signs, same cues. "Different potty, same rules!"

👉 POTTY

Same sign everywhere = familiarity



5



Backup: hold and hover

No cover? Hold under thighs in squat. Practice at home first.



6



Sanitizer after washing

Soap first, sanitizer too. Double protection in public.

👉 WASH HANDS

Rub palms in circles



7



Pre-departure potty rule


"Before we leave, we try." EVERY time. Prevents 90% of emergencies.




Phase 5: Night Training

30–48+ months • Biology sets the timeline

Nighttime dryness is **BIOLOGICAL** — vasopressin hormone matures on its own. Some kids 3, some 5+. Both normal. Cannot rush biology. Only prepare and wait with love.

1  **Waterproof mattress protector**
Double-layer: protector → sheet → protector → sheet. 2am strip, not full remake.

2  **Nighttime pull-ups — no shame**
Remove when dry 5+ nights in row. Not before.

3  **Limit fluids 60–90 min before bed** 
Small sips after dinner. Full hydration during day.

4  **Double void before bed** 
Start of bedtime routine AND last step before lights out.

 **POTTY**
Gentle sign cue instead of "go try"

5  **Night light path to bathroom**
Amber, motion-sensor. She sees the way if she wakes.

6  **Potty immediately on waking** 
First thing every morning. Lifelong anchor habit.

7  **Patience IS the system** 
Prepare the environment. Wait with love. Zero pressure. She'll get there.

🎵 **BEDTIME POTTY SONG — Sing Before Lights Out:**

"Last potty of the day, then we sleep and we play! Try try try, good night, dry dry dry, sleep tight!"



Recommended Books by Phase

Every book = affiliate revenue • Read ON the potty • Organized by age

👤 PHASE 0 — Parent EC Guides (0–6 mo):



"Go Diaper Free" — Andrea Olson

THE EC bible. Step-by-step 0–18 months. Definitive resource.

[Shop on Amazon](#)



"The Diaper-Free Baby" — Christine Gross-Loh

Biology of why babies resist soiling. Responsive parenting approach.

[Shop on Amazon](#)

👉 PHASE 1 — Baby's First Potty Books (6–12 mo):



"Tiny Potty Board Book"

Gender-neutral, realistic. Designed for EC families from 6 months.

[Shop on Amazon](#)



"Ready to Go: Pee" — Lovevery

Real photographs. Babies connect photos to actual actions faster.

[Shop on Amazon](#)



"Where Do You Poop?" — Agnese Baruzzi

Animals pooping = funny and normal. Great for 8–12 months.

[Shop on Amazon](#)



"Potty" — Leslie Patricelli

Simple, funny, iconic. The classic starter book.

[Shop on Amazon](#)

🌟 PHASE 2 — Interactive & Song Books (12–24 mo):



"Cali's Books Potty Training Song Book"

Catchy songs = musical Pavlovian cues during potty time. #1 pick.

[Shop on Amazon](#)



"Daniel Tiger's Potty Time!" — Scarlett Wing

Sound book. "If you have to go potty, STOP and go right away!"

[Shop on Amazon](#)



"Potty Time with Bean" — Ms. Rachel

Massive with toddlers right now. Instant familiarity and buy-in.

[Shop on Amazon](#)



"A Potty for Me!" — Karen Katz

Lift-the-flap makes it interactive and less intimidating.

[Shop on Amazon](#)



"Peek-a-Poo!" — Mara Conlon

Fun lift-the-flap board book. Good secondary option.

[Shop on Amazon](#)



"P is for Potty!" — Sesame Street

Elmo lift-the-flap. Familiar characters.

[Shop on Amazon](#)

👉 SIGN LANGUAGE RESOURCE:



"Baby Signs Potty Training Board Book"

ASL signs: toilet, wet, dry, wash hands, help. Use alongside the cards from birth.

[Shop on Amazon](#)



📱 SCAN FOR THE COMPLETE GUIDE

Open the full guide, links, and setup details.



Complete Product Guide

Combined essentials • Bigger pages, less filler space

POTTIES & SEATS

VALUE **BabyBjörn Smart Potty**
Lightweight, easy clean. Best first potty. [Shop on Amazon](#)

PREMIER **BabyBjörn Potty Chair**
Back support, armrests, longer sits. [Shop on Amazon](#)

TRAVEL **OXO Tot 2-in-1 Go Potty**
Standalone + seat. Car essential. [Shop on Amazon](#)

SEAT **Mayfair NextStep2 Built-In**
Adult + child in one lid. [Shop on Amazon](#)

STEP **Munchkin Sturdy Step Stool**
Non-slip, weighted. [Shop on Amazon](#)

TRAINING TOOLS

WATCH **Potty Time Vibrating Watch**
Buzzes on schedule. [Shop on Amazon](#)

CHART **Sticker Reward Chart**
She places stickers herself. [Shop on Amazon](#)

SIGNS **Baby Signs Board Book**
ASL: toilet, wet, dry, help. [Shop on Amazon](#)

PANTS & DIAPERS

CLOTH **Esembly Organic Trainers**
Feel-wet, reusable. [Shop on Amazon](#)

ECO **Dyper Bamboo Pull-Ups**
Biodegradable, fragrance-free. [Shop on Amazon](#)

NIGHT **Bambo Nature Overnight**
Extra absorbent nighttime. [Shop on Amazon](#)

ECO **Eco by Naty Pull-Ups**
Plant-based, Nordic Ecolabel. [Shop on Amazon](#)

TRAINING CLOTHES

RULE **Elastic waistbands ONLY!**
No buttons/zippers. 2-second pull.

VALUE **Primary Organic Leggings**
GOTS, elastic. [Shop on Amazon](#)

PREMIER **Hanna Andersson Joggers**
Ultra-durable. [Shop on Amazon](#)

TIP **Dresses / skirts in summer**
Fastest potty access. No pants to deal with at all.

TIP **Loose shorts with elastic waist**
Cotton or bamboo. Easy pull-down for boys and girls.



Cleanup & Protection

Everything for messes, skin care, mattress defense, and disposal

CLEANUP & SKIN CARE

WIPES WaterWipes 99.9%

Purest wipe. [Shop on Amazon](#)

SPRAY Peri Bottle / Bidet Spray

Spritz before wiping. [Shop on Amazon](#)

RASH A+D Original Ointment

Daily barrier. Prevents rash. [Shop on Amazon](#)

RASH Desitin Max Strength (40% zinc)

Active rash treatment. [Shop on Amazon](#)

RASH Aquaphor Baby Healing

Multi-purpose protectant. [Shop on Amazon](#)

CLEAN Branch Basics Concentrate

Cleans everything. Non-toxic. [Shop on Amazon](#)

BAG Bumkins Wet Bag

Soiled clothes on-the-go. [Shop on Amazon](#)

PROTECTION & DISPOSAL

CAR Piddle Pad Car Seat Liner

Saves car seat. [Shop on Amazon](#)

BED Naturepedic Organic Protector

GOTS. No vinyl. [Shop on Amazon](#)

BED Puracy Organic Protector

Value. Waterproof. [Shop on Amazon](#)

PAIL Dekor Classic XL Diaper Pail

Hands-free, foot pedal, continuous liner. Holds 60 diapers. [Shop on Amazon](#)

REFILL Dekor Classic XL Refill — 2 Pack

Continuous liner, cut to length. ~1 month each. [Shop on Amazon](#)

ECO BAG Earth Rated Biodegradable Bags

Plant-based, leak-proof. Dirty diapers on-the-go. [Shop on Amazon](#)



Print Setup & DIY Kit

Printing, laminating, markers, and setup tools on one page

MARKERS & ERASERS

MARKERS **Expo Fine Tip Dry Erase, 4-pack**
Fine tip essential for small checkboxes. Standard. ~\$5. [Shop on Amazon](#)

MARKERS **Crayola Take Note Dry Erase**
Low odor. Better for child's room. ~\$6. [Shop on Amazon](#)

ERASER **Microfiber Cloths, 10-pack**
Wipe laminated cards clean nightly. Lasts forever. ~\$7. [Shop on Amazon](#)

PRINTERS

BUDGET **HP DeskJet 2855**
Compact, wireless, low upfront cost. Good for one-time use. [Shop on Amazon](#)

VALUE **Epson EcoTank ET-2850**
Refillable ink tanks. \$40 in ink prints 7,500 color pages. Pays for itself fast. [Shop on Amazon](#)

PREMIER **Canon PIXMA G6020 MegaTank**
Best color accuracy. Refillable tanks + duplex printing. [Shop on Amazon](#)

PAPER

VALUE **HP Premium Presentation 32lb Matte**
Best for laminating. Crisp color, no ink bleed. 100 sheets ~\$15. [Shop on Amazon](#)

BUDGET **Hammermill Premium Color Copy 32lb**
Available everywhere. Solid performance. 100 sheets ~\$12. [Shop on Amazon](#)

LAMINATORS

BUDGET **Amazon Basics 9" Thermal Laminator**
Lowest price entry point. Single roller. ~\$20. [Shop on Amazon](#)

VALUE **Scotch Pro TL906 Laminator**
60-sec heat, two rollers, no bubbles. Best value. ~\$35. [Shop on Amazon](#)

PREMIER **Fellowes Jupiter 2 125 Laminator**
Heavy duty, 12" wide, adjustable temp, reverse jam. ~\$55. [Shop on Amazon](#)

LAMINATING POUCHES

3MIL **Scotch Thermal Pouches 3mil, 100-pack**
Standard everyday use. Flexible + sturdy. ~\$18. [Shop on Amazon](#)

5MIL **Scotch Thermal Pouches 5mil, 50-pack**
Premium thickness. Feels like a real product. Toddler-proof. ~\$22. [Shop on Amazon](#)

NO MACHINE **Scotch Self-Seal Laminating Pouches, 25pk**
Peel, insert, press. No laminator needed. ~\$12. [Shop on Amazon](#)



Quick Reference Guide

Hang this page where both parents can see it • Sized as large as possible for print

✓ ALWAYS DO

- 🎉 Celebrate every attempt — not just success
- 🧑 Stay completely calm with every accident
- 👉 Same cue sound + sign every time
- 👉 Flush + wave bye (make it fun!)
- 📏 Elastic waistbands only during training
- 📊 Track patterns — timing is everything
- 👤 Both parents use the SAME system
- 🕒 Anchor times (wake, meals, bath, bed)
- 🧸 Comfort items on the potty
- 💧 Bum spray before wiping
- 🎵 Sing the potty songs — cues work
- 💧 A+D / Aquaphor during training season
- 📖 Potty books near the potty
- 🚽 Model it — let her see you go

⊘ NEVER DO

- 😡 Punish, shame, or show frustration
- ? Ask "do you need to go?" (just take her)
- 🌙 Rush night training — it's biological
- 👤 Compare her timeline to any other child
- 🏠 Start during major life changes
- 🍷 Use food as a potty reward
- 😞 Force when she's distressed
- 👕 Complex clothing during training
- 🙄 Ignore her signs or cue sounds
- 👥 Let caregivers use different systems
- 📈 Expect linear progress (regressions normal)
- 👤 Back to diapers after switching
- 🗣️ Discuss accidents in front of others
- 📅 Set a deadline — her body decides

📖 CARD LEGEND

- 👤 = Dad + Child do this step TOGETHER
- ☐ = Checkbox — dry-erase marker, wipe clean daily
- 👉 = Gold badge = ASL sign embedded for that step
- 🔗 = Affiliate link — replace with your Amazon URL
- 🎵 = Potty song — sing it during the step

*"Every child's timeline is different. Patience is the system.
Consistency over intensity. Showing up over getting it exactly right."*

— The Dad System • @the_dadsystem ❤️



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☕ SUPPORT THIS PROJECT

Optional support if this system helped your family.