

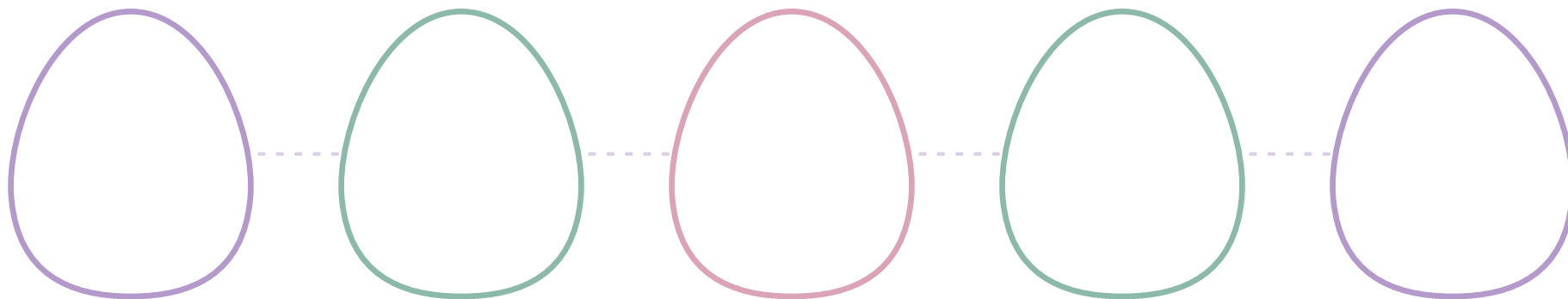


Miriam's Dino Princess

POTTY ADVENTURE



One potty try = one sticker or mark.



Five full? Celebrate!



Dino dance



Dinosaur story



Royal parade

Pee in the potty



1 chocolate chip

Poop in the potty



2 chocolate chips

Pee + poop in the potty



3 chocolate chips

A little practice. A lot of encouragement.

Miriam's Dino Princess plan | Parent + caregiver guide

The goal: help Miriam notice her body, feel comfortable on the potty, and enjoy practicing. A sticker celebrates a willing try; chocolate chips keep your existing pee-and-poop routine.

1 Explain it once, keep it simple

"When you try the potty, you get a sticker! Pee gets one chocolate chip. Poop gets two. Every five stickers, you can choose a dino celebration." All caregivers use the same rules.

2 Reward the visit right away

One willing sit or try = one egg filled. A brief try counts; help is fine. One mark per visit; pee plus poop earns 3 chips total. Praise right away. Help wipe and wash hands, then let her add the sticker or mark. Give chips seated outside the bathroom.

3 Make gentle invitations

Offer after waking or meals, before outings or bed, and when she signals. Support her feet. Keep tries short, about 1-2 minutes; she may get up sooner. No minimum sit and no waiting for results. If she declines, try later.

4 Celebrate effort, stay kind

Try: "You told me!" "You sat and tried!" or "You noticed your body!" For accidents: "Let's get you dry. We can try again later." Praise telling you, even afterward. Never remove earned marks or chips, shame her, or make cleanup a punishment.

5 Let her choose the celebration

When all five eggs are filled, let her choose a dino dance, dinosaur story, or royal parade together. Celebrate, then erase together for a fresh five-egg adventure. There is no daily deadline. Ordinary affection and play stay freely available.

6 Adjust as she learns

Naps and nights stay separate. If she is distressed, ease off. Ask her pediatrician about hard or painful poop, stool-holding, or ongoing constipation. Follow your pediatric specialist's advice as her needs change.

THE FIVE-EGG CYCLE

Try the potty > Fill one egg > Five full eggs: celebrate > Start fresh

Guidance: UC Davis Children's Hospital; Mayo Clinic; AAP HealthyChildren. Links below. Reviewed Oct. 18, 2026.

UC Davis: Potty training

Mayo Clinic: Potty training

AAP: Keep it positive