

a few minutes (ideally, 30-60 minutes after a meal). Give praise/high fives for even attempting to go potty. Let your child establish some confidence and control. Pretty soon you will be done with those diapers. Bedwetting is related to your child's hormone maturity. If your child is dry through the day, but not at night, your child's body just might not be ready. Do not be frustrated. Just encourage that your child routinely use the toilet last thing at night and first thing in the morning. **SLEEP:** Be sure to have a routine bedtime. Try to discourage your child from getting out of bed frequently for peepee, drinks, books, etc. Make sure that all of his/her needs are met before you turn the lights off, then stand firm on the bedtime. Nightmares and Night Terrors are common at this age. If your child is upset/crying in the middle of the night, try to keep him/her calm. Use a soothing voice, keep the light dim, reassure him/her.

NEXT VISIT:

See you at 4 years of age.

Your child is a much better communicator now. Enjoy some one on one time telling stories and talking about their feelings. Open communication makes for long lasting relationships.