

Six Pillars of Nurturing that Empowers:

Mean What You Say: Use intentional language that helps you communicate effectively and helps your child develop their language foundation..

Let Them Do It: Support your child's development of autonomy through continuous opportunities to practice and grow.

Be Kind but Firm: Commit to following through with your requests and show empathy and compassion while you support your child in adjusting to the new routines and activities of toilet learning.

Strike a Balance: Commit to finding ways to **strike a balance** between allowing appropriate choices and providing appropriate guidance and support.

Give Space & Grace: Give your child a safe place to spend the time they need to learn these new life skills. Offer them soft landings with no shame or harsh consequences.

Embrace the Good Kind of Lazy: Step back and see what happens when you slow down and don't immediately do for your child. Being a little lazy makes room for your child's participation.