

16 month potty training

16 month potty training is an emerging trend among parents eager to introduce toilet learning earlier than the traditional toddler years. Starting potty training at 16 months can be effective with the right approach, patience, and understanding of a child's developmental readiness. This article explores the key aspects of 16 month potty training, including signs your child is ready, techniques that work best at this age, and strategies to handle common challenges. It also covers the benefits and possible limitations of beginning toilet training at such an early stage. With practical guidance, caregivers can foster a positive and successful potty training experience, tailored to the unique needs of a 16 month old. The following sections provide detailed insights to support parents and caregivers in this important developmental milestone.

- Understanding Readiness for 16 Month Potty Training
- Effective Techniques for Potty Training at 16 Months
- Common Challenges and How to Overcome Them
- Benefits of Early Potty Training
- Practical Tips for Maintaining Consistency

Understanding Readiness for 16 Month Potty Training

Determining whether a child is ready for 16 month potty training requires careful observation of both physical and behavioral cues. While some children may show early signs of readiness, others might not be developmentally prepared until later. Recognizing these signs ensures a smoother potty training process and reduces frustration for both child and caregiver.

Physical Signs of Readiness

Physical readiness is crucial for successful potty training at 16 months. These signs include the ability to stay dry for longer periods, regular and predictable bowel movements, and the motor skills necessary to sit on a potty or toilet. Additionally, the child may show discomfort with dirty diapers, indicating an emerging awareness of bodily functions.

Behavioral Indicators

Behavioral signs often accompany physical readiness and include the child's interest in the bathroom habits of others, the ability to follow simple instructions, and attempts to communicate the need to urinate or defecate. Some children may also demonstrate a preference for wearing underwear instead of diapers, which can be a positive indicator for starting potty training.

Parental Assessment

Parents and caregivers play a key role in assessing readiness by observing daily routines and interactions. It is important to consider the child's temperament and willingness to participate in potty training activities. Pressure or forcing training before readiness can lead to setbacks, so a balanced assessment is essential.

Effective Techniques for Potty Training at 16 Months

Implementing appropriate techniques tailored to a 16 month old's developmental level enhances the chances of successful potty training. Early training requires patience, consistency, and a gentle approach to encourage positive associations with the potty.

Introducing the Potty

The first step is familiarizing the child with the potty chair or seat. Allowing the child to explore the potty without pressure can build comfort and curiosity. Using simple language to describe the potty's purpose helps in developing understanding.

Establishing a Routine

Consistency is key in 16 month potty training. Establishing regular times for potty visits, such as after meals or naps, can create predictable patterns. Encouraging the child to sit on the potty for a few minutes during these times reinforces the habit.

Positive Reinforcement

Rewarding successes with praise, smiles, or small incentives motivates the child to continue using the potty. Avoiding punishment for accidents ensures that the experience remains positive and stress-free.

Communication and Signals

Teaching the child simple signals or words to indicate the need to use the potty supports effective communication. Caregivers should be attentive to signs of discomfort or restlessness that may indicate the child needs a potty break.

Common Challenges and How to Overcome Them

Potty training at 16 months can present unique challenges due to the child's early stage of development. Addressing these obstacles proactively helps maintain progress and reduces frustration.

Short Attention Span

At 16 months, children have limited attention spans, which can make sitting on the potty difficult. Using engaging activities or toys during potty time can help hold their interest briefly.

Inconsistent Communication

Since verbal skills are still developing, children may struggle to express the need to use the potty. Observing nonverbal cues and responding quickly to signs of discomfort is important.

Accidents and Regression

Accidents are a normal part of potty training and should be expected. Responding with patience and reassurance rather than frustration encourages continued effort. Temporary regressions can occur due to changes in routine or stress, and caregivers should maintain consistency and support.

Resistance or Fear

Some children may resist using the potty or show fear of the process. Introducing the potty gradually, using storybooks or role models, and creating a calm environment helps alleviate anxiety.

Benefits of Early Potty Training

Starting potty training at 16 months offers several advantages for both the child and family. Early training can lead to quicker mastery of toileting skills and reduce dependence on diapers, which benefits hygiene and comfort.

Enhanced Communication Skills

Early potty training encourages children to develop communication related to bodily functions, which can enhance overall language development and awareness.

Cost Savings

Reducing diaper use earlier can result in significant cost savings for families, as disposable diapers represent a considerable expense over time.

Environmental Impact

Less reliance on diapers also contributes to environmental benefits by reducing waste and the ecological footprint associated with disposable products.

Practical Tips for Maintaining Consistency

Consistency is fundamental in 16 month potty training to reinforce habits and build confidence. The following tips support a structured and effective training process.

- **Set Realistic Expectations:** Understand that progress will be gradual and setbacks are normal.
- **Create a Potty-Friendly Environment:** Keep the potty accessible and incorporate it into daily routines.
- **Use Clear and Simple Language:** Consistently use the same words or phrases related to potty use.
- **Encourage Independence:** Allow the child to participate by pulling down pants or flushing, fostering ownership.
- **Stay Patient:** Avoid pressure and maintain a calm demeanor to reduce stress for the child.
- **Celebrate Small Wins:** Recognize and praise every success to build motivation.

Frequently Asked Questions

Is 16 months too early to start potty training?

While every child develops at their own pace, 16 months is generally considered early for potty training. Most children show readiness between 18-24 months, but some may start earlier if they exhibit signs of readiness.

What are the signs of potty training readiness at 16 months?

Signs include staying dry for longer periods, showing interest in the potty, understanding simple instructions, indicating discomfort with dirty diapers, and being able to pull pants up and down.

How can I start potty training my 16-month-old?

Begin by introducing the potty chair, encouraging your child to sit on it fully clothed, establishing a routine, and praising any interest or attempts. Patience and consistency are key at this age.

What are some effective potty training methods for a 16-month-old?

Methods such as child-led potty training, modeling behavior, gentle encouragement, and using positive reinforcement work well. Avoid pressure and keep sessions short and fun.

How long does potty training typically take for a 16-month-old?

Potty training duration varies widely. For a 16-month-old, it might take several months to a year, depending on the child's readiness, consistency, and support.

Should I use diapers, training pants, or underwear during potty training at 16 months?

Many parents use training pants or pull-ups initially for convenience, but some prefer switching to regular underwear to help the child feel the difference and encourage learning.

What are common challenges of potty training a 16-month-old?

Challenges include limited communication skills, short attention spans,

resistance to change, and inconsistent bladder control, requiring extra patience and gentle guidance.

How can I encourage my 16-month-old to communicate potty needs?

Use simple words or signs related to potty, read potty training books together, praise attempts to communicate, and respond promptly to their cues to reinforce communication.

Is it normal for a 16-month-old to have accidents during potty training?

Yes, accidents are a normal part of potty training at any age, especially for young toddlers like 16-month-olds. Consistent encouragement and avoiding punishment help maintain a positive experience.

Additional Resources

1. Potty Training in 16 Months: A Gentle Approach for Toddlers

This book offers a compassionate and effective method for potty training toddlers around 16 months old. It emphasizes understanding your child's readiness cues and creating a positive experience. Parents will find step-by-step guidance to make the transition smooth and stress-free for both child and caregiver.

2. Early Potty Training: Techniques for the 16-Month-Old

Focused on children aged 16 months, this book provides practical techniques and routines to encourage early potty use. It includes tips on recognizing signs of readiness and how to motivate your little one with fun rewards. The author also addresses common challenges and how to overcome them.

3. Successful Potty Training at One Year and Four Months

Designed for parents aiming to start potty training at 16 months, this book breaks down the process into manageable stages. It highlights the importance of patience, consistency, and positive reinforcement, ensuring that toddlers feel supported throughout. Real-life examples help parents relate and apply the advice confidently.

4. The 16-Month Potty Training Plan: From Diapers to Underwear

This comprehensive guide outlines a detailed plan tailored for 16-month-olds transitioning out of diapers. It covers preparation, choosing the right equipment, and establishing a potty routine. The book also discusses how to handle setbacks and maintain motivation.

5. Parent's Guide to Potty Training a 16-Month-Old

This guide offers practical advice for parents embarking on potty training at 16 months. It explains developmental milestones and how to encourage

independence in toddlers. The book also provides troubleshooting tips for common obstacles like resistance or accidents.

6. *Potty Training Made Easy for 16-Month-Old Toddlers*

A straightforward and user-friendly book, it simplifies potty training concepts for parents of 16-month-olds. It includes charts and schedules to track progress and establish routines. The author emphasizes a loving, pressure-free approach that respects the child's pace.

7. *Early Start Potty Training: A 16-Month Approach*

This book encourages parents to begin potty training early with a structured yet flexible method suitable for 16-month-olds. It combines behavioral techniques with developmental insights to foster success. Tips on creating a supportive environment help toddlers gain confidence quickly.

8. *Potty Training Success Stories: 16 Months and Up*

Featuring a collection of real stories from parents who successfully potty trained their children starting at 16 months, this book offers inspiration and practical lessons. It highlights various methods and adaptations that worked across different families. Readers gain motivation and reassurance from shared experiences.

9. *Toddler Potty Training: The 16-Month Blueprint*

This book provides a clear blueprint for potty training toddlers at 16 months, focusing on readiness signals and gradual transition steps. It incorporates expert advice on communication and encouragement strategies. Parents will appreciate its balance of structure and flexibility to suit individual child needs.

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16 month potty training: Toilet Training in Less Than a Day Nathan Azrin, Richard M. Foxx, 2019-08-06 In this newly modernized edition of the classic, bestselling book on toilet training, you'll discover the scientifically proven Azrin-Foxx method that's been used by millions of parents worldwide. This clear and accessible guide remains the go-to book on toilet training for a reason. With a newly modernized take on the same proven, easy-to-follow steps, you'll learn how to let go of stress and have your child confidently using the toilet—without assistance or a reminder—in only a couple of hours. Inside you will find a wealth of helpful information, including: - Step-by-step instructions taking you and your child from pre-training all the way through to the Potty Training Diploma - A method that unlocks your child's sense of pride, independence, and accomplishment - Supply lists, reminder sheets, and frequently asked questions With more than two million copies sold, *Toilet Training in Less Than a Day* is the only guide you'll ever need to make potty training a

rewarding and successful experience for both you and your toddler.

16 month potty training: *Potty Training Boys the Easy Way (Large Print 16pt)* Caroline Fertleman, Simone Cave, 2010-05 A guide to toilet training boys that provides step-by-step guidance, and discusses boy-specific concerns--such as standing, sitting, and aiming--how to fit toilet training into busy schedules, and tips to help late starters.

16 month potty training: *Successful Potty Training (NCT)* Heather Welford, 2016-12-29 Knowing when, and how, to move out of nappies can be difficult. Successful Potty Training discusses all the options and helps you spot when your child is ready to start as well as decide on the right method for you both.

16 month potty training: *Oh Crap! Potty Training* Jamie Glowacki, 2015-06-16 Toilet-training expert Jamie Glowacki's self-published OH CRAP! POTTY TRAINING has sold more than 40,000 copies and has been the dirty little secret of moms on message boards and in parenting groups for years. Now, this proven, 6-step plan (called the WHAT TO EXPECT of potty training books for its comprehensive, no-nonsense voice) is available to the general trade audience for the first time--

16 month potty training: *Once - the Story of Me* Marily Simon, 2011-12-02 Marily's memoirs. Nonfiction. 3 parts. Growing up. Living in postwar Germany. Raising a family, as told by the house.

16 month potty training: *NCT Book of Potty Training* Heather Welford, 1998

16 month potty training: *Down Syndrome* Qadoshyah Fish, 2008-11 People with Down syndrome can do a lot; this is the reality. We will share with you, in this book, stories from people with Down syndrome who have excelled in many areas and live lives like many other people who do not have Down syndrome. We will also share with you stories about those with Down syndrome who have had medical problems and issues to deal with, yet give joy to those they come in contact with. -- Preface.

16 month potty training: *Infant Care and Motherhood in an Urban Community* John Newson, Elizabeth Newson, 2017-07-12 Infant Care and Motherhood in an Urban Community investigates the behavior and attitudes of 709 mothers towards their year-old babies. John and Elizabeth Newson, impatient with the voluminous and contradictory literature telling parents how their children should be brought up, decided to find out how they were being brought up. Infant Care in an Urban Community is focused on sources of advice that influence parents, how they feel about their children, and how they react to situations in handling young babies. Infant handling today is still a subject on which many different specialists use the full weight of their professional authority to back up their private prejudices concerning what is good and what is bad in the care of young children. In the face of the conflict which results, intelligent parents are rapidly forced to the conclusion that the experts know little more about the matter than they do themselves. The truth is that in the present state of knowledge there is not a sufficient body of well-substantiated evidence about the facts and consequences of child rearing on which to base sound practical advice to parents. This is where this book comes in. It shows that much of the advice offered is often out of touch with the practical needs, circumstances, and beliefs of the ordinary mother. Few theories of child rearing have been subjected to the inconvenience of being reconciled with the empirical evidence. This is the first study which has obtained information of this sort from a large and representative sample of mothers, and which has investigated the behavior of both mother and baby 'here and now' rather than relying on fond maternal memories. A special feature is the use of tape-recorded interviews which has allowed extensive quotation of their mothers' own opinions.

16 month potty training: *The Normal Child - E-Book* Ronald S. Illingworth, 2021-04-12 The Normal Child - E-Book

16 month potty training: *Family Nurse Practitioner Certification Intensive Review* Maria T. Codina Leik, 2013-08-12 Print+CourseSmart

16 month potty training: *Perfect Parent Collection- Sleep Training, Toddler Discipline and Potty Training* Lucy Watson, 2020-07-17 This is a 3 book Parenting Collection including: Sleep

Training: The Baby Sleep Solution for the Exhausted Modern Parents Having a new baby is an exciting experience. You want to be able to hold them and cuddle them all the time. You are excited to see them grow and change over the years. And you may even have some big hopes and dreams for their futures. But everyone can agree that getting enough sleep during that first year with your baby can be a big challenge. With the help of sleep training, you will be able to get your sleep schedule back, with baby sleeping in their own room, in no time at all. **Toddler Discipline** Are you dealing with a child who has a lot of tantrums? Does it feel like you can't take them anywhere because the tantrums are just getting too bad? Do you feel hopeless and like everyone is judging you about the way that your child behaves? Many children have tantrums and it is a part of their normal development. But being able to handle these tantrums in a safe and effective manner can prevent the headaches and can make life easier with a toddler. **Potty Training:How To Potty Train Your Child In One Day** Potty training is an important milestone for your child. They are growing up and have reached the right developmental milestones to be able to go to the bathroom and understand what is going on. While this is so important and a big milestone to celebrate, many parents look at potty training with dread. They do not look forward to the races to the bathroom, the accidents and messes, and all the fights to get their child to learn how to use the potty. Get this 3 book collection today and easily learn Effective Strategies and Techniques To help your baby get sleep without crying, get respect and eliminate tantrums from your toddler and potty train your child fast!

16 month potty training: *CliffsNotes NCLEX-RN Cram Plan* Michael Reid, 2018-09-11

CliffsNotes NCLEX Cram Plan is the perfect way to review for your RN or PN nursing exam whether you have two months, one month, or even one week left to prepare! CliffsNotes NCLEX-RN Cram Plan uses calendars to create a specific study plan for test-takers depending on how much time they have left before they take the test. Also included is a specialized NCLEX-PN study plan, meaning that NCLEX-PN test-takers can use this book to pass their nursing exam, too! The NCLEX-RN test is taken by individuals who want to become a registered nurse; the NCLEX-PN test is taken by those who want to become a practical nurse. Features of this plan-to-ace-the-test product include: Timed, boxed calendars for preparing to take the test—2-month study calendar, 1-month study calendar, and 1-week study calendar Diagnostic test that helps test-takers pinpoint strengths and weaknesses so they can focus their review on topics in which they need the most help Subject reviews that succinctly cover need-to-know topics on the tests in a list format Model practice test with answers and explanations Administered by appointment year round, more than 230,000 candidates take the NCLEX-RN test annually, and almost 65,000 candidates take the NCLEX-PN. The average passing rate for each test is only 70%.

16 month potty training: *Simply Baby* Megan Wissel, Smith, 2010-03 Baby Questions Quick & Simple Answers. This compact reference delivers SIMPLY what you need to know about infants. It is an excellent manual to inform and validate parent's concerns on routine care while also providing information on many other topics. Utilizing lists, charts, and tables, this book will not waste any time with fluff but give you what you need to know quickly. Packed with loads of information in such a small size, this is a must for any caregiver Written by a mother and her pediatrician, this book is for parents who want access to the best insight pediatricians can offer in an easy to read format. Topics include: sleeping, eating including breastfeeding, nutrition, common sicknesses and discomforts with relief advice, signs of serious illnesses, immunizations, medicine dosages, first aid and CPR, development milestones, learning, discipline, sign language, insurance, emergency preparedness, safety and child proofing, and many others. Megan Wissel, her husband, and two young children reside in Carmel, Indiana. Megan is a stay-at-home mother who has spent vast amounts of time researching the best way to raise her new family. Megan graduated cum laude with a Bachelor of Science degree in mining engineering from the University of Missouri-Rolla, and worked as a Project Engineer before deciding to stay at home. Joanne Smith, MD, FAAP, her husband, and two school age children reside in Indiana. Dr. Smith is a board certified pediatrician with the St. Vincent Physician Network in Carmel, Indiana. She completed her pediatric residency at Indiana University School of Medicine in 2001 and earned her medical degree from Indiana University Medical School

in 1998. Dr. Smith graduated cum laude with bachelor's degrees in psychology and biology from the University of Richmond in Richmond, Va. in 1994

16 month potty training: Sleep, Potty Training, and Breast-feeding Tracy Hogg, Melinda Blau, 2011-07-12 Get all the top tips from the Baby Whisperer in this special edition, box set! Sleep: It's the number one issue that plagues parents from the moment they bring their baby home from the hospital. Even the lucky ones, whose babies are naturally good sleepers, wonder when their baby will finally sleep through the night. Tracy Hogg's practical program will help you overcome your baby's sleep problems and works with infants from as young as one day old. Breastfeeding: Feeding your newborn is an emotional and challenging topic facing new parents. With this easy-to-follow program, you'll learn how to ensure your baby is latched on correctly; what to do if you have a low milk supply; how to move from breast to bottle; and when to start transitioning to solid foods. Potty-Training: The questions are endless when parents are faced with the sometimes daunting prospect of potty training. But these tips will tell you exactly how to get started, how to transition your child into a potty routine -- and what to do if it doesn't go to plan. Filled with direct, reassuring advice, Top Tips from the Baby Whisperer is the essential guide for new parents!

16 month potty training: *Baby to Toddler Month by Month* Simone Cave, Caroline Fertleman, 2011-03 Baby to Toddler Month by Month follows your baby's journey from 6 months to 23 months, by which time your child will be a running, talking toddler with attitude and character. This month-by-month guide explains how your baby will be developing and what you can realistically expect to see each month. It covers sleep problems, feeding, development, and much more including:. baby-led weaning or mixed weaning? You decide - includes step-by- step guides to both methods. age-appropriate meal plans, finger foods and eating tips month by month. encouraging your toddler to walk and talk. when to take your child to the doctor, and spotting an emergency. dealing with tantrums and attitude... the easy way. coping with hitting and biting. milestones - when to worry and when to wait it out. This book makes toddler behaviour fascinating rather than alarming or overwhelming.

16 month potty training: Chad, a Celebration of Life ~ Beyond a Mother's Memories Arista, 2020-08-13 "...Literally took my breath away... Beautifully written and descriptive, I was right there on Chad's journey. An American Memoir of life that reminds you what's important, the human heart being one of them. A 5-star read I highly recommend." -Matt D., New York, New York "From NY to Malibu, heart screenings to homeless soccer tourneys in Austria, the purpose emerges loud and clear - to save the Lives of those who still have a chance at a future. It is crucial to raise awareness for mandatory heart screenings for young athletes! Many testimonials of families affected by sudden cardiac deaths (SCD) won't leave you indifferent. This book is truly a work of Love, filled with tears and laughter, pain and loss, and most of all hope!" -Olena, Los Angeles, California Chad Alan Butrum loved sports. One day he went out to play football in LA and it would be his last game; he died of Sudden Cardiac Death in Young Athletes. He was just 26 years old. His artist mother Arista takes us on a journey of Love, Life and Laughter, as the young family forges new dreams in Detroit, Chicago, St. Louis, Malibu, and New York City. After Chad's sudden loss to SCD, she discovers through his colleagues at Carolco Pictures the young man Chad was becoming - the promise of a talented creative writer who touched the lives of many people in his short Life. He loved all people- any age, heritage, or orientation. In Part II, the author transcends loss into a quest to save lives by founding the non-profit organization, The Chad Foundation for Athletes and Artists, to safeguard young hearts so they can live long, healthy Lives and reach their most cherished dreams. It also inspires youth to live as Chad did- anti-substance abuse and alcohol-free, Healthy Body/Mind/ Spirit. The Chad Foundation Cardiovascular Screening Program has provided 8,000 Echocardiograms/ECGs in 5 states and, globally, in Austria and Sweden. Many parents who have also lost children to SCD, share their heartfelt stories within underscoring the critical importance of raising awareness of Sudden Cardiac Death in the Young, implementing preventive heart screenings, knowledge of CPR, and placement of AEDs. It is a journey of the Heart and the discovery that The Heart is the Home of our two greatest gifts—Love and Life—and must be safeguarded as our most valued possession.

16 month potty training: Rudolph's Pediatrics Self-Assessment and Board Review

Michael D. Cabana, 2013-12-11 Complemented by: Rudolph's pediatrics / editor-in-chief, Colin D. Rudolph; editors, Abraham M. Rudolph ... [et al.]. 22nd ed. c2011.

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Michael deCastro Cabana, 2013-10-22 Add the authority of Rudolph's Pediatrics to your Pediatric Board Examination review! Rudolph's Pediatrics Self-Assessment and Board Review is a fast, efficient, and engaging way for you to incorporate the contents of Rudolph's Pediatrics into your board preparation. This powerful study guide delivers more than 1,500 questions that focus on epidemiology, pathophysiology, presenting symptoms, clinical decision making, therapeutics, and prognosis of different pediatric disorders. Concise answer explanations illustrate key points and include references to pertinent sections in Rudolph's Pediatrics for more in-depth coverage of the topic. You'll find everything you need in one comprehensive review: questions, referenced answers, full-color illustrations, and the expertise of the field's leading text. FEATURES More than 1,500 multiple-choice questions with fully explained answers referenced to Rudolph's Pediatrics, Twenty-Second Edition An emphasis on important clinical issues An organization that simulates Rudolph's Pediatrics to facilitate side-by-side study Numerous full-color images to test your visual diagnostic skills Designed to help you quickly assess your knowledge and remediate areas of weakness Valuable for certification/recertification or as a clinical refresher

16 month potty training: Caring for Your Baby and Young Child, 8th Edition American

Academy Of Pediatrics, 2024-10-01 With more than 4.7 million copies in print, the American Academy of Pediatrics flagship parenting title has shaped the health and well-being of children for more than thirty years! You want to provide the best possible care for your child. And when you have questions, the 67,000 member pediatricians of the American Academy of Pediatrics (AAP) have answers. Based on the latest AAP recommendations, this evidence-based guide covers everything from preparing for childbirth to breastfeeding and from toilet training to starting school. The revised and updated eighth edition reflects current AAP policy statements and guidelines. This is just a sampling of the topics included in this comprehensive handbook of child care. • ADHD • Allergies and asthma • Autism spectrum disorder • Behavior • Breastfeeding • Car safety seats • Cough and cold treatment • CPR instruction • Early brain development • Eczema • Environmental hazards • Head lice • Immunizations • Media and technology exposure • MRSA infections • Newborn screening • Obesity • Organic foods • Parenting multiples • Prebiotics • Prenatal and newborn care • Probiotics • Resilience • RSV prevention • Safe sleep and SIDS • Sickle cell disease • Vitamin and iron supplementation Also included is a complete health encyclopedia addressing injuries, illnesses, congenital diseases, and other disabilities. New parents will find this pediatrician-approved guidance to be a lifesaver during middle-of-the-night health crises and when deciding whether to head to the pediatrician's office, urgent care, or the emergency department.

16 month potty training: Prepare Today Survive Tomorrow LG Wellington, 2014-04-01 This

book will introduce you to a wealth of information on emergency preparation, and will provide your family or organization with important strategies, insights, tips, guidelines, and lists on how to prepare for a disaster. Survival planning is nothing more than realizing a disaster could happen that would put everyone in a survival situation and, with that in mind, taking steps to increase your chances of survival. Although helping others is certainly meaningful, worthwhile, and in some cases, necessary, the main emphasis of all household or organization team members should be to purchase, gather, and store resources and supplies for your own team members. Everyone must be encouraged and expected to provide for themselves. We have been encouraged through religious, education, scientific, and government media to prepare for these future events.

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