

THE
ULTIMATE
GUIDE TO
POTTY
TRAINING

HOW TO POTTY TRAIN YOUR BOY OR GIRL IN 3 DAYS OR LESS



SARAH J. TAYLOR

The Ultimate Guide To Potty Training

***How To Potty Train Your Boy Or Girl In Three
Days Or Less***

By Sarah J. Taylor

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Table of Contents

[Potty Training 101: What You Need To Know](#) [pg. 5](#)

[How To Potty Train Your Child](#) [pg. 12](#)

[Effective Potty Training Tips And Tricks](#) [pg. 20](#)

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Chapter 1: Potty Training 101 – What You Need To Know

For most parents, potty training their kids seems like a daunting task. But it's in fact an easy obstacle to overcome. All you need to do is know the whens, whats, and hows before you start potty training your kids. That's what *Potty Training The Right Way* is for! You'll learn the ins and outs of potty training your kids in this simple, straight-forward guide. Let's get started!

Facts You Need To Know About Potty Training

Before you learn how to potty train your kids, let's go over what you need to know about potty training. There are potty training basics that you should be aware of to get a better understanding of what's required of you and your kids to make potty training a success.

1. The age when you potty train your kids will vary. Children don't have a set age or time they start potty training. They will biologically know when they're ready to potty train. However, that doesn't mean you can't encourage your child to use the toilet with other methods, which will be mentioned later in the e-book. Don't think that it's strange when your child decides to go to the toilet at four or five years old. For some kids, going to the potty on their own may happen early. For others, it may happen. Just support your child and continue encouraging them when they're ready to be potty trained.

2. It's natural for kids to wet the bed at night even though they've been taught to use the potty. Kids are still growing and learning, so don't be too

strict about bed-wetting with your children if they wet the bed even after being potty trained. Continue practicing with your kids until they get better control of their bladder.

3. Don't potty train when your kids are going through another major change. If your family is moving to a new place or you're having another child, drastic changes in your children's environment can hinder their growth and development, especially in the potty training area. The stress that your children may experience due to major changes can make teaching and learning more difficult. During stressful times, kids want security, so they may revert back to comfort zones during those times.

4. Number 2 may be harder to master than Number 1. Urinating may be a lot easier for your kids to master than pooping, so be more patient during those times. Sometimes, Number 2 training can take up to a year, but don't let that discourage you. Your children need these skills for the rest of their lives. Continue practicing with your kids and ease their anxieties about going Number 2.

5. Unfamiliar bathrooms and toilets can make your children nervous. Comfort is a big part of learning a new skill. At first, you're uncomfortable, but then you become comfortable with the skill as you continue practicing. If you only introduce your kids to the toilets and bathrooms in your home, they may be anxious about using bathrooms elsewhere. To help your toddlers get used to the toilets in public places or other homes, introduce them to the bathroom and let them flush the toilet even if they don't use it. You can also bring along your kids' portable potty when you go out.

6. Kids work well under peer pressure. When your kids see their friends or family members potty train, they also feel encouraged to do the same. Having another person doing the potty training process with your children can motivate them to master potty training faster. Include potty training at the next play date your kids' have.

Potty Training FAQs and Answers

You may be wondering a lot about potty training, so we've provided you with not only facts about it, but also FAQs that many parents have. You'll learn more about potty training basics through these FAQs.

FAQ #1: How do I know when my child is ready to potty train?

When your toddler is ready to ban the diapers and go to the toilet, it's an exciting time for both you and your child. This growth and development milestone usually occurs between the ages of 1-4 years old, so it depends on each child. If you haven't potty trained your child when he or she is five years old, talk to your pediatrician about the best course of action to take at this point.

Signs that your toddler is ready to use the toilet include:

- Can walk steadily;
- Pees a good amount during each session instead of small bursts;
- Can stay seated for 2-5 minutes long and stay still;
- Can pull pants up and down;

- Shows interests or curiosity toward bathroom habits of parents or siblings;
- Shows discomfort or dislike toward wearing diapers;
- Understands how to communicate that he or she needs to go to the bathroom;
- Your child's bowel movements are more predictable, and you can tell when he or she needs to go to the bathroom;
- Doesn't pee in his or her pants during nap time and can hold it in for a while (about two hours long).

The number one point here is to not force your child to potty train if he or she is uncomfortable with it. This doesn't mean that you have to baby your child forever, either. Continue observing your kid's behavior to see if he or she is ready to potty train. It's like getting a picky eater to try new food. Introduce bathroom habits and talk to your child about how to go to the bathroom to prep him or her when he or she is ready for potty training. It's important to get your toddler familiar with the bathroom and using the toilet.

FAQ #2: What's the best potty for my child?

That depends on you and your child, actually. Some parents like to use the toddler portable potties. Those can be easier to use than a regular toilet with a toddler seat. They can also be customized for your child, such as plastering stickers all over it, and can help him or her see the fun in potty training. But the main concern with separate toddler potties is that the child will outgrow it and may not be used to using a regular toilet. With children toilet seats, you can train your child to use a normal toilet right away, but it

may take more time to get used to. You can try both and keep a toddler potty seat on hand for emergency situations or the first part of the potty training.

FAQ #3: I'm a single mom. How should I teach my son to pee standing up?

It's recommended that you teach your son to pee sitting down first, but if your son has ever observed another male peeing standing up, he may already know what to do when he goes to the toilet. One way to help your son learn to aim and pee in the toilet while standing up: You can toss in a small handful of cereal or candy pieces into the toilet bowl and tell your son to aim at the pieces.

FAQ #4: What should I do when my child seems to be resistant toward potty training after practicing a few times? (This can also apply to children who have resisted the potty training exercises.)

If your child isn't making progress with potty training or is resistant toward it, don't force it. Take some time off and cool yourself and your child down. You don't have to rush this process! Just wait a couple of weeks before you introduce potty training again.

FAQ #5: Should I give my child laxatives if he's constipated?

You shouldn't give any stool softener or laxatives to your child without the written or verbal consent of your pediatrician. There are other ways for you to improve your child's bowel movements, and they are:

- Modify your child's diet, and include more fiber-rich foods, such as whole-grain bread, veggies, fruits, and cereal. You should also make sure that your child is getting enough water during the day. Another beverage to include in your child's diet is fruit juice, which can be a natural stool softener.

- Feed your toddler a teaspoon of pure honey each morning to help soften stool and improve constipation.
- Give your child an enema if necessary. Talk to your doctor before you do an enema, though.
- Encourage your child to use the bathroom in the mornings and after every meal and snack time. This may prevent more stool build-up in your child's intestines.

Hopefully, you've received a good amount of basic information regarding potty training in this chapter. Now that you're equipped with the facts, let's move on to the fun part: how to potty train your child!

Chapter 2: How To Potty Train Your Child

Now you're ready to learn how to potty train your kids! Potty training has two parts to it: the pre-potty training and the real potty training. We'll go over both so you and your children only have success with potty training.

Before the Real Potty Training Begins

The pre-potty training period is when you and your toddler will get used to the whole bathroom scene. This is a way to ease your child into potty training, and it's also to help you prepare yourself for potty training. If it's your first time ever teaching another person how to use the toilet, then you'll need the pre-potty training period to prep yourself, too. Here are the steps for the pre-potty training:

1. Plan a few weeks in advance. When you feel like your child is almost ready to potty train, plan the potty training a few weeks ahead. This will give you time to learn all you can about potty training and help you get into the mindset of patient toilet training. Don't try to potty train the next day. You're more likely to frustrate yourself in that case.

2. Get your child accustomed to potty training. Children-friendly books and videos are available for you to show your kids the whole potty training process. When they see other kids using the toilet, they'll be more comfortable with potty training. Trying something new for most people, including toddlers, can be a scary experience. Before you start potty training your child, be sure to desensitize him or her with potty training

knowledge first. Another way to help your kids get accustomed to using the toilet: Let your kids see you using the bathroom to as well to show them how to do it. Children learn mostly through imitation, so continue educating your child on using the toilet with videos, books or yourself.

3. Get your children used to sitting on the toilet. If you haven't yet, teach your kids how to pull up and remove their pants for when they need to use the toilet. Then, place them on the toilet seat. Do this at least once a day, without forcing your toddlers to use the toilet. You can read a potty training book for kids while your child is sitting on the toilet seat. This will help toddlers get used to the feeling of sitting on the toilet seat and using it.

If your child uses the toilet while sitting on it, make it a grand celebration. Give him or her stickers and other rewards to encourage more toilet usage in the future. Kids love praise and positive words, so always be patient and positive when you're teaching your children how to use the toilet.

4. Decide what potty training tools you want to use. The first item you would need is either a potty seat for your kid or a toddler toilet seat for the regular toilet in your home. Other tools that you can use include:

- A stool to get to the toilet seat;
- Flushable wipes for easier clean-up for your child;
- Potty training pants and underwear;
- Mattress cover for potty training in case your child wets the bed at night;

Don't get into the hype of trendy items on the market. Just invest in the potty training equipment you need that fits your budget, lifestyle, and children's needs.

5. Prepare a progress chart. For each of your kids, make a potty training progress chart. Not only will this help you see how far your children are coming along, but it'll also help them see how well they're doing in potty training. However, don't use the progress charts to compare your children to each other. This can discourage one of your kids from potty training if his or her siblings are progressing faster. What you can do is create separate progress charts and show your kids theirs privately instead. You can use stickers and other decorative elements to make the charts more attractive and fun to look at for your kids.

6. Take your toddler to the bathroom right after waking up. Make it a habit to go to the bathroom every morning, and set your child on the toilet. See if he or she uses it. This habit will teach your kid to go to the bathroom immediately in the mornings to empty the bladder from the overnight accumulation of urine during sleep time. Even if your child doesn't pee, tell he or she that it's okay, and take them off the toilet seat. Continue doing this habit to get your child used to the feeling of using the toilet.

7. Stop making funny faces and jokes when your child has an accident or when you change his or her diaper. When you do this, your child may associate funny and good times whenever he or she wets the bed or when you change his or her diaper. Also, don't yell or scold your

child when he or she has an accident. Just don't make the situation too serious or too fun. This may prevent your child from potty training successfully in the future. Continue telling your kid it's okay and teach him or her the right thing to do in each situation when an accident happens.

8. Don't let your child drink anything before bedtime. This can prevent nighttime bed wetting, and it's a good habit to get into as well. Make sure your child gets enough to drink for the day, though. Dehydration can be bad for kids. Keep your toddler off liquids at least an hour before going to bed.

9. Transition your child out of the diaper phase. When you leave your child in soiled diapers, he or she gets used to the feeling. This can cause potty training problems later on because your child doesn't tell you when he or she has a dirty diaper. What you can do, though, is frequently check your child's diaper and change it right away when it's wet, even if there's just a small amount of pee. Sure, you may go through a lot of diapers, but you'll give your child a better potty training session. Also, you can invest in reusable diaper cloths to reduce expenses if you're concerned. But remember that letting your kids sit in their wet diapers may not be the best way to start off potty training.

10. Choose the best time for your child to start potty training. This doesn't mean that you get to decide when your child will potty train. Your toddler will show signs that he or she is ready for the toilet. The tip means to choose the best time to teach your child how to use the potty. If you have big family events going in the next few weeks or months, you may want to

put off potty training for a while. Stress can cause your child to not want to develop toilet using habits, and major changes in your family's lifestyle can do this.

Again, plan ahead and choose the right time to teach your child how to use the toilet, even if he or she is ready. Also, you should consider taking a week-long break to potty train your kid. If you work on potty training over the weekend and send your toddler off to daycare on Monday, what he or she learned over the weekend can disappear, and you'll be back at square one.

Extra Tip: Talk to your child before potty training and let him or her know what's happening. Don't make it a super serious event, either. Just talk to your kids about what's going to change in the house and routine, and get them excited about the change. Watch potty training videos or read potty training books after telling your children about the potty training they're going to go through. It's better to open the lines of communication with your toddler instead of suddenly springing potty training on him or her. Also, this would be a great time to teach your children potty words and other vocabulary associated with potty training.

The Real Deal: Potty Training Time!

You're now prepared for the real potty training phase! In this section, you'll learn about the basic ways to potty train your child. You may have heard the 3-day or 1-week potty training methods, but remember that each child's success rate varies.

Sometimes, it may take a few days to get your toddler used to going to the toilet when he or she needs to pee. For other kids, it may take longer than that. But don't let the time it takes put you down. This is a special growing period for your child, so celebrate it! Enjoy this time. Your patience will be tested, but know that you had to go through the same training when you were a young child, too. Understand what your toddler is going through, and continue to encourage and be patient. Now, let's move on to the potty training guide!

Step One: Make the entire occasion a celebration. Remember that children love praise and fun, so making the first time they go to the bathroom a *big* deal. Decorate the bathroom or celebrate the occasion like another birthday. The first day that your child uses the toilet should be a great event.

Step Two: Start dressing your child in training underwear. Stop using pull-up diapers and diapers in general. Use underwear suited for potty training to get your child used to the cloth.

Step Three: Get into a potty routine. You'll have to assist your child during this time. Create a routine to go to the toilet regularly. Here's a basic yet effective schedule you can follow:

- Go to the bathroom right after waking up.
- Go to the bathroom after each meal and snack.
- Go to the bathroom after drinking a lot of water or juice.

Step Four: Relax your child when he or she is on the toilet.

Sometimes, kids don't have to use the toilet just yet, so they may get bored sitting on the toilet. Then, they can associate boredom with using the toilet, and that won't go down well later on. That's why it's important to distract your toddler away from the boredom and waiting. Read, listen to music, watch videos, etc., while he or she is attempting to use the potty. After five minutes, if your child hasn't peed yet, take a break and come back 15-25 minutes later. Use a timer to keep you on track. Also, make sure you go over the methods to use the toilet.

Step Five: Keep track of the time your child goes to the bathroom.

Keep a time chart or other time-keeping tool to track the times your child goes to the bathroom. There should be a pattern forming, and you should also keep time checks when your toddler goes to the bathroom alone.

Step Six: Teach your child proper hygiene practices. Make sure that you have kid-friendly soap in the bathroom at all times, and show your child how much to use for every hand washing. Teach your child that it's important to clean up after using the toilet to keep him or her healthy and germ-free. Keep your toddler in mind, and make maintaining proper hygiene fun for your little one.

Step Seven: Continue to practice with your child. No matter how long it takes, continue working with your child. Make sure to praise and reward your child's good behavior to encourage him or her to keep going to the toilet when the urge to pee comes. Then, move on to pooping, and keep

going. It can be a long process, but don't give up. Your toddler needs you the most right now.

One main concern to address here is your child having accidents. When your toddler has an accident after being potty trained, don't jump to the conclusion that something is wrong with him or her. Sometimes, kids have trouble moving past their comfort zones, and your child may be needing some security or familiarity during this major time of change. Don't make your child feel ashamed during this time, either. Continue encouraging your toddler because this is the time he or she needs you the most. Embarrassment or shame won't make your child feel any better.

From the pre-potty training to the real training, you've acquired tons of potty training knowledge already. Next up will be extra, detailed tips and strategies to ensure that you and your child succeed at potty training.

Chapter 3: Effective Potty Training Tips And Tricks

The basics of potty training have been discussed, and, to enhance the potty training process, you'll learn the various ways you can make it much better for you and your child in this next chapter. Potty training is relatively simple to do, but a few more tricks up your sleeve won't hurt, right? Let's dive in!

1. If possible, potty train your child before he or she goes into daycare or preschool. This may be a tough one for working parents, but many schools and daycares do require kids to be potty trained before admitting them into their facilities. If your child isn't ready to potty train yet before he or she goes to daycare, you may have to hire a babysitter or nanny to help you. Make sure that the person watching your child during the day understands potty training and has experience in it. You don't want someone clueless to handle the potty training situation with your child.

If you plan to hire a babysitter or nanny, write down every detail of the potty training process that you want the caretaker to go through. Even if he or she has experience in that area already, you still want to write down every single detail in case a dispute comes up. Write down the process in ink as well so the rules can't be manipulated in any way. Also, the words you and your child use for potty training should be noted with the rules as well. Since you won't be around your child during the day, it's important to have him or her be comfortable when you're not around. This ensures that he or

she will make more progress and have a higher chance of potty training success with someone other than you.

2. Plan your day out with potty training in mind. One of the biggest obstacles parents have to deal with is potty training their kids while they're out of the house. Sure, it may be easy to just slip on a diaper, but that will defeat the purpose of potty training. You want to get away from the diapers, so don't be tempted to put your toddler in diapers. Bring a portable toddler potty seat if you're comfortable with it, since there are sanitary concerns about potty seats in the car. You can also practice at the store and help your child get familiar with public bathrooms.

It's all about planning. Yes, it will seem like you're doing a lot of planning when it comes to potty training your children, but it's only a temporary situation. Plan your day around potty training so you know when to take your child to the bathroom. Also, make sure you bring wipes and extra pants and underwear for your child for just-in-case situations. Pay attention to your child and continue asking him or her if he or she needs to go to the bathroom every 15-25 minutes.

Another tip for you: Whenever you plan out your days with potty training in mind, go to the places you regularly visit as much as you can. This is so that your child stays in familiar environments. Also, if you can, make sure to take your child to the bathrooms in various stores you frequently go to even before potty training. This will get your child to be more familiar with the area. You should also demonstrate how to use the toilet at a public location

with your child. Remember that children learn a lot through imitation, so showing your kids that it's okay to use a public bathroom will help ease their minds.

3. You need to incorporate nighttime potty training. Nighttime potty training can be a challenge for both the child and the parents. But it's important to include nighttime potty training to reduce or completely prevent bed wetting. However, during this time, while your child is still growing and getting used to peeing in the toilet, you need to still be patient and calm. If you tend to yell at your child, he or she may be intimidated and afraid of you. This fear can cause him or her to wet the bed. That's why patience and encouragement is vital during this period.

Several ways for you to prevent bed wetting include:

- Remember to avoid giving your child liquids at least an hour before bedtime.
- Take your child to the bathroom 10-20 minutes before going to bed and one more time right before tucking your toddler in.
- Be positive and give your child a boost in confidence. Tell him or her before bed that you believe in him or her and that he or she can wake up without wetting the bed. When your child wakes up dry the next morning, celebrate and make it a huge deal. Your toddler will then realize that waking up dry is a great achievement and subconsciously let his or her body make bladder muscles stronger. Positive words are powerful tools, so use them often.

- Get in the habit of waking up your child during the night to go to the bathroom. It's like nursing a baby all over again, but it's one effective way that will prevent bed wetting. This tip may sound a bit harsh, but it does work for some families. This can be an option for you, even if it turns out to be a last resort.
- Wake up before your child. For many kids, they wet the bed before they wake up, so wake up your child before he or she usually wakes up. Then, take your toddler to the bathroom to pee.
- Add a night light in the hallways, your child's bedroom, and in the bathroom. Your child may be afraid to go out at night to use the bathroom, so night lights may help. Also, a stuffed animal may be helpful, too, and give your child a sense of security.
- Get rid of diapers. Using them for nighttime accidents can actually be the cause for these accidents. That's why it's best to completely switch to underwear or training pants when you start potty training your child. A diaper may be convenient, but your child has been programmed to recognize diapers as the pee and poop place. Soon enough, your child will be used to cloth underwear and stop the bed wetting.
- Reward your toddler whenever he or she has dry nights. Don't punish your child when he or she wets the bed, though. It's not a big deal, and it shouldn't be something that has to be punished for. Potty training is a process.
- Get plastic or waterproof sheets to make clean-up a breeze if your toddler has wet the bed.

4. Number 2 time needs to be addressed and incorporated in potty training. It's best to teach your child to urinate in the toilet first, then go to Number 2. Before you teach your child to Number 2, observe the times that your toddler does go Number 2 and note the times. Then, start taking him or her to the bathroom at those times to teach your kid to use the bathroom for bowel movements.

For most kids, Number 2 can be embarrassing to them, perhaps due to the fact that they were never exposed to it and think it's wrong. This may cause kids to go to closets or corners to do their business, so make sure to watch your child for habits of theirs that suggest they're having a bowel movement. When you see that happening, it means it's time to go to the bathroom right away. But don't shock your child or yell at him or her. This can cause a subconscious reaction and make him or her hold in the bowel movement. Just calmly and quickly bring your toddler to the bathroom.

5. Use a surprise bag as a reward for potty training achievements.

Kids love surprises, especially when it's filled with their favorite things. Get a bag that isn't see-through, such as a pillowcase or brown lunch bag, and fill it up with candy, treats, inexpensive toys, and other knick-knacks. After each achievement, let your child pick out something from the bag. Make sure it's filled with great stuff that your toddler will love, though. If he or she doesn't like what she drew out, it may cause him or her to see potty training as a boring, disappointing activity. You can also give your child a small gift bag every time he or she pees or poops in the toilet.

You've now learned the potty training way, and you're in for a grand adventure with your child. It may be frustrating at times, but you need to keep your patience. Children often respond to kindness and gentleness much better than strictness. You can lay down the law about potty training and let your child know what you expect, but you don't have to be stern about it.

Potty training is a milestone that your child has to reach on his or her own. You're there to support your toddler through this stage in life, not do the potty training for him or her. That's why it's important to let your child go through this at his or her own pace while you stay beside him or her and provide support and encouragement. Good luck with your potty training journey with your children! It may seem like a long one, your kids will be potty training graduates in no time.

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