

Potty Training Made Easy, Fast & Simple

**Powerful Secrets, Tips, and Shortcuts
From My Work With More
Than 317 Children
(Including My Own!)**

By Johanne Cesar

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Chapter 1:

Introduction

300 Children Later – Lessons From a Career in Potty Training

My name is Johanne Cesar and my Husband is Greg Cesar. Together we are The Potty Trainers. Does that sound a little strange? Not really. As a children's daycare teacher, I deal with potty training issues every single day. In fact, you could say that potty training is part of my "job description!"

I am also a parent just like you. At the time of this writing I have 3 small boys. My oldest is 6, my second is 4, and my youngest is just 2 years old.

So if you include my 3 little boys, I have successfully potty trained more than 317 children in the last 10 years. That adds up to thousands of hours of practical potty training experience.

Everything you will read in this book is based on working with those 300 little children. With my help, they have all successfully come to grips with "bathroom issues." Trust me; you can do the same for your child.

Now that you know I am a potty training expert, let me tell you what I am not.

I am not a child psychologist. I did not take child psychology courses in college. I don't have a Ph.D. or any other fancy letters after my name. My first potty training "classroom" was not in some child psychology lab. It

was in our little bathroom here at home – right down the hall from where I am writing this. That was where I potty trained my own 3 boys.

Why is it important that I am not a psychologist? Because this book is not about theory. I don't believe in writing endless pages about what you "should" do, in a "controlled" setting, with the "ideal" child. In all my years as a parent I have never experienced one of these theoretical moments! I'm sure you haven't, either.

The truth is; potty training is the toughest problem you will face in your career as a parent. (The next one will be teaching your child to read.)

But if you are prepared for potty training, you can help your child succeed much, much faster. What you need is good, honest, practical information. You need to know what to do during those "crisis" moments. You must have a guide on those days when life does not follow the theories!

You will get that practical information from this book. I promise. You will not read theories of child psychology in this book. No "celebrity Ph.D." opinions. Just straight facts and methods that work.

I am writing this book because I spent 10 years in the daycare field. I must admit, I thought I knew it all. It was evident that I was extremely good at my work – and everyone around me knew it. I also had a passion for my career. Not only do I have a tremendous love for all children, I really enjoy watching them grow and develop their own personalities.

My husband says I have a talent for working with children. My employers seem to agree with him. Where I work, the immediate supervisors always choose me to care for their children. It's nice to know that even the experts consider me the best teacher in their center.

So when my son was born, I decided to do some heavy duty research on potty training. I was going to learn from the experts. So I went to the local library... and was shocked at what I found. Out of 14 books on the shelf, only two were written for the parent. Everything else was written for the child!

You know the type of children's book I'm talking about. It has lots of pictures and a cute but somewhat vague story. Some of the books I looked at were just 10 pages long. Others had no words at all. To this day, I don't understand how these books were supposed to help me potty train my child. My children might like the books, but that cute story was not going to help me explain to my little boy why he couldn't "go" in his pants!

At the time, I just threw up my hands and sighed. "Perhaps these books have to exist so psychologists can get grants to do studies," I said to myself. Then I continued my search for advice and information.

I turned to the videos. Ah, there were several on the shelf! But again, to my amazement, the videos were geared to the children – not to educating the parent. Everywhere I turned the results were identical.

I thought, "How can this be? Are parents supposed to just tell their children to watch the video and hope that potty training just sort of happens?" With another sigh, I took everything home anyway and began to watch. The videos were cute. And I must admit the songs were catchy and my son liked them.

But I finally realized that my son's need to be potty trained wouldn't wait until an expert wrote a book or produced a video for parents. So I began the journey on my own, observing what worked and what didn't. I worked closely with my little son in that big laboratory called life.

Then my second son came... and my third. With each of them came a new set of problems and solutions, since every child is different. In many ways my 3 little boys were my best teachers, since they let me know in no uncertain terms whether my methods were working or not!

When I began to apply my knowledge at the day care center, it was obvious that I had discovered something. Soon I became the "potty training expert" who answered everyone's questions. Then one day, out of the blue, my husband Greg said to me, "You should write a book about what you do best - Potty Training!"

Who says men don't pay attention. Evidently even he noticed that I had a real knack for helping children get through this difficult stage. With Greg's support, I soon completed the book you are now reading.

I wrote this book to help parents like you. I wrote it because I could not find any practical books to help me potty train my children. Sure, I found many books by child psychologists. But no books by parents, for parents.

I am not saying that child psychologists have nothing to offer. They are very smart people, with many years of university study. They have read hundreds (even thousands) of books.

But child psychologists are not practical experts. They are excellent at conducting studies and discovering patterns, but not necessarily helpful at solving everyday parenting problems.

For example, child psychologists will select a certain number of children from different age groups, and observe their behavior over time. The psychologists plot this information on charts. Eventually they will discover patterns in how these children mature. Based on the pattern, they can predict when a child will start to talk, take those first steps, and oh yes – exactly when the child should be potty trained!

But even when these psychologists write books that millions of parents purchase, they can't tell you how to be a better parent. Have you ever read one of these books?

Are such books worthless? Of course not. They can give you a theoretical overview. And yes, there is an "average age" for potty training a child – I'll cover this later on.

But as a parent, you have an urgent need for practical advice. You need the answer to the question: How do I accomplish this daunting task? How do I potty train the right way? This book answers those questions.

Don't try to apply child psychology theory to potty training. It does not work. Just throw it aside.

Potty training is a journey – not an event. It's something you go through – not something that just happens. I will guide you on this journey. I will support you.

I will accompany you and your child every step of the way.

Now let's begin!

Chapter 2:

Dealing with Emotions

In this step-by-step guide, we are going to take you through some really in-depth training and information that my I have put together over the years on potty training. Additionally, we have spent the last few years studying all of our clients. We've had tele-seminars, workshops, and we've asked everyone, "What else are you missing?"

So, this year we've actually gone through and filled in all the blanks in our product and we believe we have something that is so incredibly awesome it will answer every single question you may have as a parent.

When it comes to potty training, most parents and most people think it begins with the child. The reality is that potty training is begins with you, the parent or the grandparent, the relative or the daycare worker.

When we get testimonials from our clients and they say, "Thank you, thank you, thank you," I always send them an e-mail back and say, "No, thank you. You are the one that did the hard work, so you are the one that deserves the congratulations."

With that being said, we are going to start with you, the parent, or you, the person who is going to be doing the training. You must be prepared and know that this is going to be a trying time, for some parents more than others.

This can be a very stressful time because it tends to be a very stressful situation. What I want to make sure you understand is that nothing that is going on with your child with respect to potty training is your fault.

You have not done anything wrong. It may be as simple as the information you have received (or lack thereof).

As an adult, what you know is that kids are not born knowing what to do and we are not born knowing how to be parents. Potty training, like many other lessons is something that is learned and you've taken the right steps in trying to acquire that information.

So, the first step is to prepare yourself mentally for this project. Remember that your child has spent two or three years going to the bathroom in his or her diaper.

Now, you are going to ask them to do something that is completely out of the norm and, essentially erasing two or three years of habit. Saying that this is going to be a challenge may be an understatement as some children may battle and butt heads with you.

But being mentally prepared will help you in coping with the challenge itself. How do you get prepared? First, take your time, and get relaxed. Do whatever it takes to help you get into a relaxed state of mind.

Its better if you can start the potty training process when have had a good amount of sleep. Being tired and trying to potty train makes it just that much more difficult.

You will also want to make sure your child is rested as well. This is just as stressful for them and being cranky while learning a new technique is not a good combination.

Also, practice counting to 10 and then counting backwards from 10. This is a practice that you will find calms you down during periods of frustration in the process.

In addition to being relaxed, you will need to ensure that you have a good support system. Talk with your husband or your wife or friends, and make sure that everyone is on board with what you are going to do so you are all heading in the same direction and can be a sounding board for each other.

This is critical because if there isn't a support system, the person doing the potty training will have a more difficult time and experience feelings of their own relating to the responsibility, frustration, and in some cases, failure (at least in the short run).

If you are able to start this process on a weekend, it is highly suggested because you won't have the stress of work and you can have the dedicated focus needed to get this done right the first time. This can be applied to any period of time when you can get yourself a good three days to focus and concentrate.

Chapter 3:

Four Stages of Potty Training

In this section, I am going to teach you four stages to potty training. What you will notice and then appreciate is that these four stages can be applied to almost any other learned or practiced behavior which you are trying to alter or change.

The four stages of any behavior modification model include:

- Unconscious incompetence
- Conscious incompetence
- Conscious competence
- Unconscious competence

And now, I'll break these down to help you understand what they are and what you need to focus on during each one of these different stages.

Stage One: Unconscious Incompetence:

This is the “I do not know” stage, where your child’s mind is thinking, “I do not know that going to the bathroom in my diaper is a wrong thing”. In other words, the child has no idea that what they are doing is something they should not be doing.

During stage one, when they don’t know the difference, this is when it becomes your responsibility to educate them and get them to understand what they are doing is not something they should be doing. This is where

you are teaching the child that they do not need to be going to the bathroom in their diaper.

Stage Two: Conscious Incompetence

At this stage, the child has reached an understanding where they know what they're doing is something they should not do, but have no idea how to correct it.

During stage two you are taking it to that next level where you are reinforcing the positive behavior by showing them where they are supposed to go to the bathroom—in the potty. So, now you're teaching the child where to go, how to go, and what to do.

Stage Three: Conscious Incompetence

Here, the child knows what they are doing is something they shouldn't be doing, they know what to do about it, but they are also not that great at it. They have to think about it. That is because the process is now occurring on the conscious level.

It is during stage three that the child starts to understand on their own and they start to show you the signs that they can do this on their own as well. This is when you should be getting to the point of not having accidents anymore.

Now, this is an area where most parents go wrong in that they get to stage three and they say, "My child is potty trained, there is nothing else that I have to do." In reality, this is where the real potty training begins.

This is where you really want to be consistent to ensure they reach stage four and can consistently go to the potty by themselves. So, when you get to stage three, you have to make sure that you continue with consistency.

Stage Four: Unconscious Competence

And this is the fun stage. This is when the child gets to where they need to should know what they're doing and they don't have to think about it any longer.

It is at stage four that your child can be officially considered 'potty trained.'

Let's take a quick example to make sure the concept sinks in:

If you are in stage three, you're not showing the child where to go potty anymore because they know where to go. What you're doing is being consistent with them going to the potty on a regular basis.

During stage two you're not so much worried about consistency yet, you are more focused on helping them know where to go.

Hopefully this description has given you a better understanding of how each stage develops and, better yet, what your actions need to be during each stage.

Chapter 4:

Is Your Child Ready for Potty Training?

I've seen many books, I've seen many Websites, and a lot of people asking the question, "Is my child ready for potty training?"

There are many medical professionals that will tell you the child is not ready for potty training. From my own experience, the answer to the question is this: There's only one thing that's holding your child back from potty training, and that is the sphincter muscle.

Basically, if the child's sphincter muscle is already developed, then your child can be potty trained (most children will develop that muscle somewhere between their 12th and 14th month).

This is the muscle that controls or gives them the ability to control their bladder. It sits at the bottom of the bladder and gives a child the ability to open the bladder or keep it closed (often called 'holding it'). Now, once that is developed, again, your child has the ability to be potty trained.

However, there is also the issue of mental readiness. In my opinion, most children are always...or absolutely ready for potty training mentally.

The way you want to approach it is like this: Think like a teacher. When we get this question from a parent and they say, "Well, my child is not ready to be potty trained," I have to explain to them that potty training is no different from anything else you will teach your child.

Whether that is riding a bike, reading, or driving a car, potty training is a behavior that is taught just like everything else.

If your child is exhibiting behavior such as fighting and biting other kids, would you say to yourself, “Well, my child is not ready to learn how to stop biting, so I’m going to let them continue biting.”? Absolutely not.

You would teach them how to stop biting. It’s the same thing with reading. If your child is in the first grade and the whole class is reading, but your child decides they do not want to read, how would you react?

Imagine if the teacher said, “I don’t think your child is ready to read yet. I will teach the rest of the class but we’re not going to teach your child.” It’s highly unlikely. But, in reality, it would make you extremely upset if a teacher decided to leave your child behind.

So to answer the question, “Is your child ready for potty training?” As long as the sphincter muscle is developed, the answer is yes. So what you have to keep in mind is potty training is a learned behavior; it’s something that you or someone else teaches the child.

The key is getting the child ready and educating them on the steps to potty training and teaching them everything that they need to know in order to be successful.

To accompany the ability to use the sphincter muscle, there are also some signs that the child is ready or can handle potty training. However, you should note that by the time you see the signs, the child has been ready for a while.

These signs include: when they can wake up dry, when they can hold it, when you can go to the store and they don’t have to run to the bathroom, and when they are taking their diapers off and going to the bathroom.

When they are showing you these signs, is that child not already potty trained? The answer is yes. So what happens is, the child has already potty trained him or herself, but they are just now showing you the physical aspects of it.

So when you finally get these signs, the child is already potty trained. That leaves little more for you to do except help them be consistent and teach them structure.

So, that's why in our method, we like to teach parents to be more proactive versus waiting for the child. As we said earlier, potty training is as much about you, the parent, or you, the potty trainer, as it is about the child.

What you primarily want to accomplish is getting to the point where you can give your child commands like 'stop', 'do this', 'put that down', and 'don't touch' and they understand. By the time most kids are one, they understand these commands.

With that being the case, they can also understand the commands necessary for potty training. If the child does not understand what you are saying, then you might have little bit more difficulty with the potty training process.

Chapter 5:

Pre-Potty Training

Pre-potty training is getting the child ready for what is about to come, or what it is about to happen. In other words, you set a time when you're going to start potty training.

It's now February and you want to start potty-training in September or something to that effect. Before September comes around, there are things that you can do that will make the potty training process not only easier for yourself, but also easier for the child.

The first thing you want to do is sit your child down and explain what is expected of them. Sitting down is an important component of this.

You want to sit next to them or across from them and in a very loving and caring tone, you want to say, "I am going to explain potty training to you." And you want to say, "Potty training is when you go the bathroom (tinkle, pee or poopy) in the potty."

Now in terms of the words that you use, you want to be consistent. If you call it "tinkle" then you want to continue using the word "tinkle". If you call it "poopy", then continue using the word "poopy".

As a young child, too many words are going to confuse them, so staying consistent with your terminology will help you enforce the concept and they will know exactly what it means.

You want to be strong and direct. By that I mean using words like, "Mommy is going to have you potty trained, and here's what you have to

do for Mommy...poopy, tinkle, etc.” Or, “When you have to go potty, you have to let Mommy know, and you have to sit on the toilet and then you go potty”.

Then, you physically walk them to the toilet and show them and say, “Here is where you go tinkle and poopy.” This isn’t being strict; it’s being direct so that they know that you are in charge, and what is expected of them.

If you don’t take it direct tone, kids are extremely smart. They can sense a lack of control and they might not follow your directions as well if you say, “Mommy would like” or, “It would be nice if you...”.

Take them to the bathroom and get them use to seeing you in the bathroom. Let them sit down on the toilet. Let them get used to having the toilet touch their skin as well.

Many parents don’t realize this, but many children have a fear of being on the toilet as opposed to just being hard to potty train. So this might help them get over that fear so when the potty training begins, you don’t have to battle two things.

One thing is to start using less absorbent diapers. Today, the diapers are so absorbent the child doesn’t even realize that they are wet. And most kids do not like the feeling of being wet.

So when they have on a less absorbent diaper, it helps them realize the act of letting go and releasing ‘number 1’. But the wet feeling also starts to psychologically or subconsciously say to them, “When I get this feeling of letting go, I start to feel wet too, and I don’t like that.”

You will also want to make sure that you change them frequently when they wet their diapers. This helps them get used to the feeling of being dry and staying dry. It also reinforces the feelings they have once they wet again.

It is also highly encouraged that you actually consider taking your child out of diapers while they are awake a couple of months prior to the actual

potty training process. So, during nap time, you will use diapers, but during their waking hours, you will want them in big boy and big girl underwear.

You will also want to make sure that this whole pre-potty training process is a loving experience because you want it to subconsciously erase some of the other negative connotations and fears that your child may have.

It's important that you understand pre potty training is not a necessary step. It gives you an advantage if you are starting the potty training process early, but if you are like most parents, then you might have missed the stage or the time when you could have pre-potty trained.

You can still pre-potty train if you prefer, no matter at which stage you are, but it's usually better if you can start as early as possible. Knowing what we know and from our customers, however, most parents usually has missed this stage to the degree that they can get the most effectiveness out of it.

Chapter 6:

Potty Training Chairs

Many parents ask, “Do I need a potty training chair to be successful in potty training?” The answer to that question is “yes” and “no”. For even our own kids, I used potty training chairs for two and no potty training chairs for our third child.

Now, he was an advanced child. He was doing things that the other kids never did so he never even wanted to use the potty chair. Even today as a 6-year-old in kindergarten, he doesn’t like doing things that the other kindergarten kids like to do. He calls them “babies.”

But I will tell you this: having a potty training chair does several things for your child. First of all, it gives them flexibility. When they have a potty training chair, more than likely it is mobile, which means that it can be placed anywhere around the house including the TV room or the game room.

This increases the success rate of your child using the potty. The rationale? Well, as you might already know, if you’re in any other room than the bathroom when you see kids doing a pee-pee dance or you realize that they’ve got to go, it’s already too late. That pee or the bowel movement is almost on its way out the door.

But with a mobile potty chair, you can place it near their activities and in different rooms, so when the child feels the need to go, they don’t have to rush all the way to the bathroom. They can simply get up and go in the vicinity of wherever they are.

Not only that, the act of running and holding for child that young is a very challenging thing. So trying to run to the bathroom from outside is almost asking for trouble. What you want to do instead is make sure that if you are going to use a potty chair, is that it's available and near.

A potty chair is also great especially if you have a 2-story house and the bathroom is upstairs. You can then put the potty chair downstairs and cut out that climb.

And the way potty chairs are designed today, they're colorful, they are cute and kids love them. It just is a fun thing for them and they always get a sense of pride because it's their chair and nobody else's. What we used to do is put the potty chair in a laundry room because there was a door there. My son would be able to close the door so we couldn't see him and he would have his privacy.

If you want to get a potty chair, a good place to look is pottytrainingchairs.com.

Chapter 7:

Starting the Process

There are three different times that you can start the training process.

Early — when the child is 2 or younger

Middle— between the ages of 2 and 3, maybe 3 ½

Later— between 3, 3 ½ and older

The optimal time for me is the age of 2. And, I mean the day they turned 2 is when we normally like to start with potty training.

With all the years that I have been in day care and all the children that I have potty trained, I started every single one the day they turned 2. Even our own kids, we started them at the age of 2.

Now, starting at a later time is okay and that is the case with most parents. But I want to explain to you the difference between starting at the age of 2 and starting later.

The key difference in starting at the age of 2 is that the child hasn't developed all of their social skills yet and their ability to go out and have fun is limited. At the age of 2 and somewhere between 2 and 3 is when they find their own voice. (You've heard of the terrible '2s'!?) They find their own voice and they find their own spirit and that's when they decide that they want to start doing their own thing.

When you start earlier in the potty training process it is easier to get them to follow directions and it is just easier to get them to do what you want them to do versus them wanting to do what they want to do.

Now, girls can start even earlier than 2. Usually girls can start about 3 or 4 months before their 2nd birthday. Girls, as we know, even later on in life, are a lot smarter than boys and men, and I will be the first to admit that.

The earliest we've seen was a little girl in my class that was only 15 months that was potty training and doing a fantastic job. But some kids can start as early as 18 or 19 months, including boys. So, potty training earlier is great because it gives you the ability to control the process versus them being in control.

When you start at that middle time frame, which is between 2 and 3 or 2 ½ to 3 or later than that, what happens is that child goes more into the independent stage. That's where they're able to start making to some of their decisions which happens to often include the word "no".

And thus what happens as a parent is you're not only dealing with potty training but you're also dealing with behavior as the result of a child that is looking to find their self and their voice.

Starting late doesn't mean you did anything wrong, and it doesn't mean that you're not going to potty train.; All it means is that it's going to be a little bit more challenging and a little bit more work. And that's okay but it just means that it's going to take a little bit more time to get the child potty trained.

Now, the other thing that you want to realize is the later you start, the more years of behavior modification you're trying to reverse and that can account for some of that difficulty. In other words, when you start the potty training at the age of 2, you only have 2 years of pooping in their diaper or potty in the diaper to reverse.

Whereas the later you start, let's say at the age of 3, you've got 3, 3 ½ years of pooping in their diaper or the potty behavior that you have to reverse. So, it's a very big difference starting earlier than later because it's a lot more habit that has to be broken and a new habit learned.

To drive this point home, just think about how hard it is to change a behavior or a habit in yourself. If you think it's hard for yourself, think about a child that doesn't have the same cognitive ability that you have.

Trying to get rid of that behavior as early as possible is better because it's less work for the child. We want to keep in mind how hard that child actually has to work to do this. The key also is that we're looking at doing this in just 3 days through consistency. So, reversing years of behavior in just 3 days is even that much more challenging the older they are.

Chapter 8:

Day 1

Day 1 is the day that we decide to start potty training. First of all, as mentioned earlier, make sure that not only you, but also your child and anyone else who's involved, gets a good night's rest. This is extremely important. It's very difficult to accomplish something when you are not only tired but the child is tired and everyone is cranky.

It is on this day that you get rid of the diapers and the child starts wearing big boy and big girl underwear fulltime... There are no more diapers in this process... Now, some of you are saying, "Well, maybe we'll go ahead and use pull-ups or padded underwear."

What I like to say is, "A diaper is a diaper no matter what you call it or what you disguise it as." And subconsciously, if you put the diaper on the child, it gives them the wrong message. Also, seeing as that we've already explained how difficult this process is for the parents or the potty trainer as it is for the child, not having the diaper makes the parent or the potty trainer more vigilant.

You will pay more attention if you know that the child does not have a diaper on. For example, if you know the child has a diaper and you are out and about somewhere in a store or going out shopping you might say to yourself, "Well, we don't have to find a bathroom right now. We're kind of in a rush. You've got a diaper on."

But note that the one time you tell that child that it's okay to go potty in that diaper; you have opened Pandora's Box. You've just told them, "its

okay”. And they will continue to do that and you will hit a lot of regressions.

So, we start with allowing them to pick their big boy or girl underwear and put it on. (This is something you might have done during the pre-potty training process). Then, you’re going to sit down with your child and explain the process to them again. You can say, “Here’s what we are doing; here is what Mommy expects; and here is what’s going to happen.”

Then, you’ll want to let them pick the spot for their potty chair. You’ll ask them, “Where do you want your potty chair?” We want to give them some control as well. If you have 2 bathrooms in the house, let them pick their favorite bathroom if they’re going to be using the bathroom instead of the potty chair.

Then, you’re going to take them to the bathroom. They are going to sit on the toilet and you are going to say, “Okay, Mommy wants you to use the bathroom.” By this point, they should have seen you use the bathroom, so you can also say, “We want you to use the bathroom just like Mommy uses the bathroom.”

Don’t be disappointed if nothing comes out. The act that getting them to sit there is a reward or it’s an accomplishment all on its own. Once they get off the toilet, you’re going to set a timer for 20 minutes.

Every 20 minutes for the first 3 days or for the first few days until they’re trained, you are going to have them go and sit in the bathroom. When the timer goes off (and this is very important) it almost has to become a celebration in the house. Everybody can clap or say, “It’s potty time. It’s potty time. Let’s go potty.” And everyone can run to the bathroom.

Even with our older kids when we were potty training our youngest, would join into the celebration and run to the bathroom. And it was as if it was Cinco de Mayo or some big festivity in the house. That is very important because we’re trying to make this a fun experience for the child.

Every time they go to the bathroom at those 20 minute intervals, you want to make sure they sit on the toilet for 3 to 5 minutes. This is not about them sitting on the toilet for hours; it's sitting on the toilet for 3 to 5 minutes.

If they go right away and they pee or they do number 2, then they can get up right away. Now, if they don't do either one then you want to make sure you wait the full 5 minutes with them sitting on the toilet. Note: At this point, we are not so much concerned about number 2. We want you and them to master number 1 first and then we'll move on.

Now, even if they don't go, that is okay because the fact that you're getting them to sit down on the toilet is, again, an accomplishment all in its own.

But something that you want to see happen every single time they sit down on the toilet is for them to push. Even if they don't go number 2 or they don't do number 1, you want to make sure they push. So, you'll want to say, "Mommy wants to see you push. Now push."

And some parents have told us, "Well, I can't tell when they're pushing." What you want to do is look at their stomach. You can tell by the stomach muscle flexing whether they are pushing or not.

You see, with a child, it is impossible for them to hold and push at the same time. So, you're almost tricking them into using the potty by asking them to push. So, no matter what—no matter where you go, no matter what time it is—the minute they sit on the toilet you want to make sure that they push and they push every single time.

Even if nothing comes out, as long as they push, that is a good thing because we want to get them used to using those muscles and pushing and moving whatever is inside of their system out. If you find they do not understand what pushing is, what you can do is just tickle their stomachs and the tickling sensation will cause them to contract their stomach muscles, which is a natural way to push.

The other thing that you want to start doing is giving them more fluids. Many people think that potty training is about not wetting themselves. That is not what potty training is about.

Potty training is about recognizing when you have to go and knowing where to do it. So, one of the things that you're going to do to help them recognize that is giving them more fluids.

However, you do not want to give them more juice because sometimes the sugar and starches that are in the juice can cause constipation and other problems. Instead, you want to give them liquids like water and things that are going to make them want to go potty. In addition to helping them potty, water also helps in the number 2 process as well, which we'll talk about later.

Now, sometimes what happens is that the child will sit for 5 minutes, they won't go, they'll get up and then they might wet themselves within a minute or two. So, here's what you do in that situation: shorten the amount of time that they sit on the toilet.

Instead of sitting on the toilet for 5 minutes, let them sit on the toilet for 1 or 2 minutes, but you increase the frequency of how many times they go to the bathroom. So, instead of every 20 minutes, now it's every 15 minutes for 1 to 2 minutes.

Another thing you'll want to do is ask them from the minute they get off the toilet and at least 3 or 4 times during that 20 minute timeframe, "Do you have to go potty?" Most of the time, they're going to tell you, "No," and that's okay. You just want to get them used to hearing the words, "Do you have to go potty?"

Then, when the 20 minutes are up and it's time to go potty, now the question is not, "Do you have to go potty?" Now, it's, "Time to potty." One is asking and one is telling.

Hopefully you see and understand the difference between the two statements. It's very, very important especially for psychologically getting the child to want to go and use the toilet.

Chapter 9: Addressing Fears

What you want to do is separate the difference between a fear of the toilet and potty training. Many of the parents that we have worked with have lumped the two into one category by saying that the fear of the toilet is a potty training problem.

The reality is that a fear of the toilet has nothing to do with potty training, and, in most cases, it is a fear of the toilet as we noted earlier. So what you have to do is address that fear by sitting and asking your child. Don't be afraid to do this. Just ask them what they are afraid of.

Sometimes it might not be the potty training, but something else. One of the things that you can do to help your child if there is a fear of the toilet is get yourself a potty chair or potty seat insert.

An insert is actually put into the toilet and the child can sit on that toilet instead of the adult seat, which is especially helpful if the child is a little bit smaller. They are usually colorful and have giraffes on them and dinosaurs.

There is also a handle so the child can hold on to the handle and balance themselves. This will help them feel safe and comfortable without the fear of falling into the toilet. Placing a step stool under their feet will also assist them in this area. But, if you find that they have a fear of the toilet, then a potty training chair will be the way to go instead of the insert.

Now the question is this, if there's a fear of the toilet, what is the cause of that fear? Sometimes it can be pain that the child has when they are

going to the bathroom. This is especially true with number 2. So the question is, have they ever had diarrhea or have they ever had a diaper that was on too long which caused a skin irritation? They are now associating the toilet and potty with that pain.

It might possibly be constipation. As an adult, constipation can be very painful. So, think about the child. It also might not be actual constipation, but some kids naturally have hard stools and letting that go can be extremely painful for them.

If that is the case, you want to make sure that you take a look when your child does use the bathroom more if they are in their diaper. Is their stool harder or is it soft? Was there any illness like the stomach virus or anything that caused them some pain?

These are all the things that can cause the child to be not only fearful of the toilet, but can also cause a child to regress. So you want to be careful about this and ask yourself whether any of this has happened.

If you find the child has hard stool, one of the things that you can do is start giving the child more water, less sugar, and less starchy items, which will help them become hydrated.

When the body becomes dehydrated, it will start to pull any fluids that it can get wherever it can get it. One of the places that it pulls the fluid from is going to be the stomach and the intestines. And once those fluids are pulled out, the result is hardened stool.

Once that stool becomes hard it's going to be very difficult and very painful for that child to go to the bathroom. So having fluids in the system will help give him or her softer stool.

Something else that you can do if there is a fear of the toilet is calling it by a different name. Instead of calling it "potty," you can give it another name that doesn't bear a negative connotation. Something simple might be, "Let's go push."

Another thing that will help you make the experience more enjoyable for the child is to place books by the toilet. You should also have some toys in the bathroom or let them bring some toys with them so that it's a comfortable environment and something that is more fun for them.

Again, the key is making it a loving time and not a stressful time. If you can read to them or let them look at picture books, it turns into more of an enjoyable process and a less stressful process.

Chapter 10:

Tantrums

Tantrums are going to happen. A tantrum is frustration. That's the child not being able to verbally explain or talk about their emotion. So, the only way they know how to do that is through screaming and pitching a fit. Here's how you handle a tantrum...

What you don't want to do is make potty training a battle. It's not a battle between you and the child, but the child is trying to battle you. The child is trying to be in charge, and you're trying to be in charge at the same time. So, sometimes the way that you handle that is to totally ignore the tantrum.

If your child is throwing a tantrum, you can walk away and say, "Mommy is not listening to you. Mommy will talk to you when you are calmed down," or "Mommy is not listening to you when your voice is louder than Mommy's."

So you can turn around and use reverse psychology by turning the tables on your child. Once they have calmed down, you will want to say in a very strong and direct voice, "Mommy did not appreciate that," or "Grandma did not appreciate that," or "Daddy did not appreciate that behavior. We expect better things. Let's go and try again."

So, now you go right back to the basics and you take the child back to the bathroom and say, "We are going to use the bathroom and here's what we expect." If they throw a tantrum again, you walk away.

Mind you, while that tantrum is going on, do not give them any rewards. Do not allow them to play with their toys. They are not allowed to do any of that fun stuff that they normally would want to do because you want to associate that tantrum with a bad behavior that results in losing something.

So, the most important thing I can tell you is to ignore the tantrum, don't pay attention to it because as the laws of physics say, "For every action, there's an equal and opposite reaction."

If you react to that tantrum, they are going to react to you. Once you react, they react. You react again, they react and it's going to escalate even more. So, the easiest way to squash it is not to put in the energy toward that tantrum.

Once the child feels and sees that they're not getting energy out of you, then they realize that they're getting nothing by throwing this tantrum and there's nothing to be gained from it.

Chapter 11:

Motivation

A lot of products out there will tell you that to motivate your child, you need to go to the store and pick up a toy or something like that. And while that's good, I want to give you something even better when it comes to motivation.

Here's the problem with giving them toys or saying, "I'm taking your toys away," and actually taking the toy away and hiding it so that they don't see it. When children are between the ages of 2 and 5, out of sight, out of mind, the average attention span at that age is about 7 minutes.

So, if you take the toy away it only takes 7 minutes before they never even realized they had a toy in the first place. So, that motivation does not go very far. What I like to do is instead is use fear of loss versus fear of gain.

Now, let me explain the difference to you between fear of loss and fear of gain. Most people even as adults think about it today. We work harder to prevent ourselves from losing things than we do to gain things. Fear of loss is a bigger motivator than fear of gain. So if you are saying, "If you behave, you will get..." or, "If you use the potty, you will get..."

Although it can be a good thing for motivation, I think you can get a better response by saying, "If you don't use the potty, you will lose this." In other words, if they don't use the potty, they're going to lose something.

Let me give you an example of one of the motivations we used to use with my youngest son. We had to “outsmart the fox” as I call it.

I used to have to say something like, “Lorenzo, do you want to go to McDonald’s?” And he’d say, “Yes, let’s go to McDonald’s.” So, then I would say, “Okay, great. Go get your coat. Go get your shoes. Let’s go to McDonalds.”

He’d go get his stuff and we’d open the front door and get ready to walk out. And then I would say, “Oh, you know what Lorenzo, let’s use the bathroom before we go because you don’t want to have an accident at Ronald McDonald’s house.” So, what did I do it at that point?

Using a fear of loss, I defuse the potty. At that point, losing McDonalds was way more important to him than the toilet. So, he went without any issues at all.

Now, granted, going to McDonald’s means you have to spend money, but there are other ways that you can use the same methodology inside the house. For example, you can use their favorite cookie or their favorite snack.

Let’s say they like pudding. You might say, “Hey Lorenzo, do you want some pudding?” And the answer of course is going to be, “Yes.” You then take the pudding, you put it on the table, you put the spoon in the bowl, you actually let them grab the spoon, get ready to take a bite and you say, “Wait a second, wait a second. Before you take that bite, let’s go use the potty.”

At this point, the pudding and the reward are so real to the child that the potty is nothing. They’ll use the potty just so they can come back and get that reward. You can do this with the toys as well.

You can also do it with television. If it is a television program that they really like, then I would wait until the show is getting ready to start and I’d say, “Hey, let’s go use the bathroom before we have an accident watching the show.” If they said, “Oh the show is starting. I don’t want to use the bathroom.” Then, your answer is, “Well, we better go quickly if

you want to see that show. Until we use the bathroom the show is not going to be on.” Then, you can literally turn the television off.

So, that is the way to motivate getting to the results. You don't want to use the same old, “I'm taking the toys away.” You hide the toys and they don't see the toys for months, and to them, they never existed in the first place.

Chapter 12:

Number 2

Alright, so you've graduated from number 1. Your child is doing very well using number 1. Now, it's time for them to start using number 2. There is not much difference between training them from number 1 to number 2. As a matter of fact, I would go so far to tell you that number 1 is a lot harder than number 2, and the reason being that when they go number 1, they have to actually take action to hold it inside.

In other words, for them not to wet themselves, they have to actually squeeze the sphincter muscle and hold the fluids inside. Whereas with number 2, they don't have to do anything to hold it. They actually have to push it out so it is an action that is a lot less difficult than holding the number 1 is.

This is behaviour. They have to actually take a step. They have to be proactive to go number 2 so they have a whole lot more control in the number 2 process than they do in number 1.

Now, again, one of the things that we want to make sure we do when they're sitting on the toilet is pushing. And, hopefully you understand how important the pushing strategy is. No matter how far along in the potty training process—whether they are two years old or whether they are four and a half—pushing is extremely important because that is how they are training themselves to go. This is especially true when it comes to number 2.

Now, some kids will want to go in number 2 in their diaper or a pull up. They will actually go and ask their parent for a pull up or a diaper to go

number 2. Now, if this is the case for you, what you want to realize is the pull up then becomes a security blanket for the child.

In this case, what you might say is something to the effect of, "Okay, if you go number 2, then we'll put the pull up on." What that says is, "If you go number 2 first then we'll get the pull up."

Now, something else I've had parents do is actually go get the pull up, let them put the pull up on only around their ankles. That way, they have their security blanket on, and they can feel it, and they can see it, yet they're sitting on the toilet. This allows them to use the bathroom and feel comfortable.

The other thing you want is to make sure that you give them is more fluids as I explained earlier. And you will also want to make sure to track their schedule. A lot of kids will go to the bathroom for number 2 at the same time or around the same time every day.

With my youngest son, it was like clockwork. Within 30 minutes of him eating anything, he would go to use the potty and do number 2. So, we always knew after he ate that he was going to use the bathroom.

Using a potty training journal is helpful. If you don't have a potty journal and a potty chair or a potty chart, you can go to pottytrainingcharts.com and get yourself a potty training chart and journal to track when they go to the bathroom.

Let's say you find that they go after dinner, which is around the time frame of 7:00 in the evening. Well, what happens is you're still using the same consistency as using number 1 which is every 20 minutes except now you are watching for 7 o'clock to come around because you know that they're going to be using the bathroom within a half hour.

At this point, what you want to do is time the bathroom use. You want to get them on the toilet but you also want to make sure that they stay on the toilet long enough to use the bathroom or use the bathroom to do number 2.

In this particular case they might be on the bathroom a little bit longer than normal. It might be 10 or 15 minutes especially if you know this is the time that they're going to be using the bathroom. With Lorenzo, we knew within half hour of eating that he was going to use the bathroom to go number 2. So, we would wait about 15 to 20 minutes and then we would take him to the bathroom and he would sit there for 15 – 20 sometimes even 25 minutes. And we knew that he would go and he would go 100% of the time.

So, what you want to do is track when they go and when they do go make it an exciting time for them as well. You want to allow them to flush the toilet and sometimes you know, you might say wave goodbye to Mr. Poopy so that just gives them something fun to do and something to look forward to when it's come times to number 2.

Now, you may find that your child is going number 2 in their underwear somewhere in the house. Usually, the clue is that they're hiding. For my oldest child, he would go by the window.

My second child, he would go underneath the table. Lorenzo would just disappear. When you didn't see Lorenzo, you knew he went to use the potty somewhere in the house.

The key here is that they can start anywhere but they're going to finish in the toilet. So, when we would catch the one of them using the toilet somewhere in the house, we will have them finish whatever they were doing in the toilet.

Then from there, because it was an accident and they soiled themselves, they would have to help you clean themselves up. You're not going to let the child go into the tub and do all the work by themselves, but you will allow them to get involved in the process where they're going to help undress themselves, and they're going to take the towel and help clean themselves up.

Although there are some children that enjoy bath time and cleaning themselves, most kids don't like it. So, having to be involved in this process is almost like a punishment and will help them not to mess in

their underwear again. It's going to help them make sure they use the bathroom the next time they go.

Chapter 13:

Constipation

Alright, let's start with holding. Some children will actually hold number 2. Sometimes they will hold number 2 for a day or two days. When it finally becomes too painful they will let it all out into the diaper.

First of all if you find your child is holding it that long and all the other methods are not working, and then put a diaper on to let them go. Holding bowel that long is not good for them. This is one of the rare times we recommend putting on a diaper.

The thing to realize is...if they are holding it that long, then theoretically just by the nature of what potty training is, that says your child is potty trained and know what to do.

For whatever reason they are afraid of the potty. It's not an issue of potty training. It's an issue of being afraid or maybe going potty is too painful for them. If you find that their stool is hard, then it will lead to painful bowel movement. If they associate all bowels as painful then they would rather hold the stool then to let it go.

So the things that you can do are give them foods that will cause them to go to the bathroom. Give them more liquids (preferably water, not soda or juice), more liquids in their system the easier for them to go number 2.

You want to also do other things. When they're sitting on the toilet try to take their mind off the potty. Some ways to do that would be to rub their stomach or their feet. In the scientific world this is called neuro-linguistic programming. Basically you are trying to get their mind off of something

that they're afraid of. So by doing something that feels good to them, you are associating the toilet with something that feels good. Now they're not afraid of that anymore.

You want to tickle them. When you tickle them, it forces them to push. You've heard me use the word push over and over so it's something that I'm going to stress. Make sure they push. As long as they push you are doing good. They cannot hold and push at the same time. I cannot stress enough how important pushing is.

If you feel they don't know what pushing is, then tickle their stomach and that will help them understand what pushing is.

The other thing that you want to look at when it comes number 2 is constipation. There are a lot of things that cause constipation. Some causes of constipation are medical, while other causes are more mental.

If you find your child is constipated, you want to do what I call the "bicycle trick".

Don't ask how we had figured this out, but this works 100% of the times. What you do is you lay your child on their back. You should kneel in front of your child at the base of their feet. Their feet should be almost touching your lap. Grab the base of their feet. Then rotate their legs as if they're riding a bicycle. Do this for about 10 minutes. Within 25 -30 minutes of doing this, the child will use the bathroom. We've told many parents to do this. Every parent I've told to try this, we've gotten a 100% success rate, whereas the child will end up using the bathroom within 30 minutes of doing the "bicycle trick".

So that is the constipation, and if you find the constipation lasting 4 or 5 days you may want to seek some form of medical attention for the child. That is not normal for them to be able to hold it for that many days.

Chapter 14:

When They Finally Get It

Alright, now you're taking them to the bathroom every 20 minutes and you go 3 days and you are not getting any accidents. Don't make the mistake that most parents make as I mentioned very early on.

This is the stage when many parents decide that, "My child is potty trained and there was nothing left for me to do." This is the point in time where you want to be more consistent, more consistent, and more consistent.

This is when you want to make sure that you are still taking them to the bathroom every 20 minutes or you might change the interval from 20 minutes to 30 minutes. You might even feel comfortable waiting even longer than that - maybe 45 minutes. But don't let 45 minutes to an hour go by that you are not taking your child to the bathroom.

Let me give you an example why this is. Your body has to get what's called "muscle memory." Remember at this point the child is only in stage 3 of potty training. That's where they know what they're doing. They know what's wrong but they're thinking about it. It's not subconscious yet.

At this point in time, the child is still thinking, "Should I go; should I not go? Where should I go? What should I do?"

Think about it this way: Michael Jordan is one of the best basketball players that have ever played the game, yet even when he was scoring 30, 40, 50 points a game, he was still shooting and practicing for hours a

day, taking 500 to 600 foul shots every single day. Even though he was the best there was, he was still practicing harder than anybody else. That is the difference between regular athletes and professionals.

The professionals, they practice harder than anybody else because when they get into a situation, they do not have to think about it, the body automatically reacts. So, that's why when your child is finally starting to get it, you have to then make sure you maintain the consistency.

Chapter 15:

Getting Them to Tell You

How do you get them to start telling you? Basically the question is how do we get your child from Stage 3 to Stage 4? And Stage 4 is where they can go to the bathroom themselves. They recognize on their own, they don't need you to take them to the bathroom every 20 minutes.

Basically, its complete autonomy and freedom for the child and complete autonomy and freedom for you... So, the question is, "How do we get to that stage?" With consistency. You have to be consistent.

Once they start to show you they are ready, you have to make sure that you are continually being consistent. The other thing you can do is you can play the game that I call the "let's race to the potty game."

All you do is sit at the table with your child and you say, "Okay, let's see who can get to the potty first and whoever wins gets a prize." So, basically it's a race between you and the child, and, of course, you're going to let the child win (but they don't know that). Then, you pick a good reward of something that they're going to enjoy or really like.

To start the race they have to say the words, "Mommy, I have to go potty." That's the cue. It's like saying "1, 2, 3, set go." But instead of saying "1, 2, 3, set go," they say, "Mommy I have to go potty". Once they say that, the race begins, so the both of you run to the bathroom and the first one that gets to the bathroom wins the game.

What this does is gets the child used to saying, "I have to go potty," and then the next steps are them going to the bathroom.

You want to practice this probably two or three times a day once you find that they are starting to be more consistent with no accidents. You don't want to start this game while they're in the potty training process because they've got enough to worry about. So, you want to start this only after you've seen that they have finally gotten it and they're starting to do pretty well on their own.

Chapter 16:

Regression

What is a regression? A regression is a child that was potty trained, they were doing well, or they were starting to do well and for whatever reasons, they have done an about-face. Now, they are wetting themselves or they are soiling their diapers with poop.

The question is “What really is the regression? What are the cause and the root of that regression?” These are the issues that need to be dealt with. Usually a regression is not so much an issue with potty training, but it’s an emotional issue. The child will regress as a way to get attention or as a way of expression.

So, most parents deal with regression by dealing with potty training, but the reality is the best way to deal with a regression is to try to find the underlying root cause. It could be one of many things causing the regression. A new baby being born, you’ve moved, a friend has moved, a family member might have passed away... Something has happened in that child’s life and they don’t know how to express it except through regression.

Something that a lot of parents have asked is, “When it comes to potty training, we’ve got a new baby on the way, should I wait to have the baby or will they regress if I potty train them and then we have the baby?”

The best thing to do is to potty train them now. It is a lot easier to retrain a child that has been trained and has gone through a regression than it is to try to train a child that has never been trained. In addition to that as a parent, if you are having a new baby coming, you do not want to have a

new baby and potty training duties at the same time. That's very, very, difficult.

What I always tell parents is that they'll only need two to three days to get the child to Stage 3. Stage 4 is what will take you a couple of days from there. Some kids even get to Stage 4 in one day. But the key is, take the two or three days, get your child to Stage 3, then through consistency, work toward getting them to Stage 4.

When the new baby comes, or whatever that activity is—whether it's a vacation or a move—if they do regress, they've already been trained. Getting them back and reversing the regression is going to be a lot easier than if you had never started at all.

So what you want to do when your child does regress is you go back to the basics. This includes them being on the toilet every 20 minutes for 3-5 minutes. They will continue to do that until they stop the regressive behavior.

The only time our youngest had a regression, I went on a business trip with Greg. Lorenzo had been fully potty trained for about three months both day and night. Then I went on that business trip with my husband, and Lorenzo went to stay at Grandma's. We only were gone Thursday, Friday, and Saturday and came back on Sunday.

When we returned, it was as if this child had never seen a potty chair or had been potty trained in his life. Now I have no idea what happened in those four days. Maybe Grandma had let him do whatever he wanted, I do not know. Or maybe he just said, "You know what? You guys left me, and I'm going to fix you guys."

Basically, we took him back to the basics, went back to every 20 minutes with him on the toilet. And within about a day, he was back to normal. But it was a little scary seeing that happen.

Chapter 17:

Older Children

As we explained earlier, the main difference between training a younger child and an older child is that the older child is going to be more focused on having fun in doing their own activities. Because of that, as a parent who is potty training, or as a person who is doing the potty training, you want to be more vigilant and pay more attention to what the child is doing.

Some of the things that you can do with an older child especially if it's child with a behavior problem or a child that just doesn't want to potty train, you can have some potty play dates. Invite some other parents over who have children about the same age that you can also do potty training with.

Other parents and their children come over and the child gets to see other children of their age and stature and size who're using the bathroom and that child might learn from the other child versus wanting to learn from the parent.

If you say to yourself, "Well, I really don't know anyone," then you can call a local daycare or go to your local daycare. Just ask the teacher, "Are there any children in this class who're also potty training?"

Get together with the parents and have a potty play date. Not only is it good for the children, it's also good for you because it gives you the ability as a parent to go out and relax and socialize and have fun.

Now, the other thing that you can do with an older child is get a call from their favorite superhero. Let's say your child likes Spiderman. So you could say something to the effect of, you know "Spiderman wouldn't want you to wet yourself, he wouldn't be happy about that."

Your child might want to please Spiderman so much that then he or she just might do exactly what you're asking them to do. So, if you have an older child or a problem situation, or difficulties with potty training, use the superhero.

Another thing that you can do is have a friend or a relative call pretending to be Spiderman or pretending to be that superhero. And then that child can get a call from that superhero, the superhero says "Hey! This is Spiderman, how are you? Hey you know, I can come visit you but you can't wet yourself and you have to do what Mommy says."

You can use what I call the "superhero technique" to get your child to comply. And this technique will also work for a lot of other behavior issues as well.

Again, I mentioned about being vigilant and paying close attention because once they are in their activities, especially boys, I hate to say this but once they are in their activities or having their fun, they're on the slides, they're on the swings, they aren't thinking about anything else except that activity.

When it comes time to go to the potty, and they realize they have to go really bad, it is too late. Even my own kids who are 10 and 8 years old can be caught doing the pee-pee dance. Once they are outside having fun, everything else is over. They do not see it. They do not think about it. They're just thinking about the fun.

What you want to do is make sure that you are watching what they're doing and if they haven't gone to the bathroom in a while, make sure you remind them. So, let's say you are going to Chuck E. Cheese or you're going to dinner or you're going somewhere and you're child is giving you difficulties.

You can say, “We’re going to go as soon as you finish using the potty.” So, now the child realizes that unless they do what they’re supposed to, they’re not going to get the fun and activities that they want.

So, what do you do if you have a child that is running and hiding when time to go potty? They know that they have to go potty, they know to go and hide but they don’t know that they should go and use the toilet. So in that case, you shouldn’t be teaching them potty training, what you should be teaching them is where to go potty.

How you overcome this is by asking them at least 20 to 40 times a day, “Where does potty go?” Now, you might sound like a broken record but that’s okay. Their answer has to be, “In the toilet.” Every single time that you ask them, the answer has to be, “In the toilet.”

See, what you’re doing is you’re conditioning them to know where to potty. After they tell you where, at least four to five times a day, you have to then have them physically grab you by the hand and walk you to the bathroom and show you.

Now they’re not only saying it but a couple of times a day they’re actually showing you. This is all about conditioning and getting them muscle memory so they start to know.

If an accident happens and they wet themselves on a playground or somewhere in the house, you have to immediately say, “Where is potty supposed to go?” The minute you say that they have to say, “In the toilet” and they have to walk you to the bathroom and show you.

Now you’re conditioning them to the fact that an accident happened ‘here’, but it was actually supposed to go over ‘here.’

Now, if an accident happens and they wet themselves on a playground or somewhere in the house, you have to immediately say, “Where is potty supposed to go?” The minute you say that they have to say, “In the toilet” and they have to walk you to the bathroom and show you. Now you’re conditioning them to the fact that an accident happened here but here, is where was it supposed to go?

Chapter 18:

Boys vs. Girls

I've said this before, but I'll say it again...the women are smarter and easier to train than the boys. So girls can start much earlier than boys. But here are some things that you want to keep in mind when you are potty training a boy. First of all, boys like to be in charge.

You have to use what I call out-fox the fox. So, you might say, "Do want to use the potty or do you want to use the toilet?" "Do you want to use this bathroom or do you want to use that bathroom?"

The answer that they give you is going to be the right answer no matter what. But they don't even realize that. Basically you're tricking them into using the potty without them really giving in. The reality is that they could be giving in just because you out-foxed them.

Something else with boys is that many of them want privacy. So, if your child is having a difficulty using the bathroom or doesn't want to use the bathroom, ask if he wants to use the bathroom and have his own privacy. So, mom or dad or caregiver step out of the bathroom, close the door, and let him do what he has to do.

We did a survey and one of the top questions we got was, "Should I potty train my son standing up or sitting down?" The answer to this question is actually an easy, but surprising one. You should potty train your son sitting down at first. Now, here's the reason why. Boys don't have that much control.

Forget about the fact that you're going to have a hose spraying the whole backside of the bathroom.

The issue here, however, is that the boy is standing up and he has to use a bathroom. He has to balance himself and he's going to push. Now, here's what has happened a couple times in the potty training process with boys who are standing up.

As they're pushing, sometimes they don't have the control to stop number 2 from coming out if they are standing up. Now you've got number 2 on the floor. And now you've got two problems. You've got the back of the wall is wet and you've got the floor is messy.

So, one of the things that you want to do is make sure when you first start is potty train them sitting down. They can always, always change that and start potty training standing up at any point in time.

Something else that you can do for boys is you can get potty targets. These are things that you can put in the toilet and so the boy will aim for them while he is potty training. It makes it fun for the boy to use the toilet and if you don't have potty targets, you can also get them from pottytrainingcharts.com .

Chapter 19:

Picking Your Battles

Now, this is one of those things that are very difficult for many parents to understand. It is the concept of picking your battles. You cannot win all the battles that you're in. Your child is trying to win as many battles as they can. What you have to do as a parent is, look at which battles are worth fighting. So, you have to pick them extremely carefully.

Let's say your child is doing something weird. It is something that you don't like but they are using the potty, so you have to ask yourself, "Do I really want to reverse that behavior versus having the success of using the potty?" The answer is "no."

Let me give you an example. When Lorenzo was about 2 ½ years old, every time we went to a store and he saw the double doors, he would say, "Potty, potty time." It was just a game to him. So, in every store we went, he would see the double doors and we have to go to the potty. And, sometimes, it was two or three times in the same store.

So, for him it was a fun thing. It was a game. Until today, believe it or not, he still loves those double doors and he's six years old. But we as parents have to decide, "Do we fight that battle or do we accept the fact that he's using the potty?" We accepted the fact that he was using the potty.

I had another parent recently that was telling me that she was having success, but her son only wanted to pee in the tub. So when he had to pee, he would take all his clothes off, get in the tub and pee.

I said to her, “You know, that’s definitely not something that I’m used to hearing and I can understand the frustration. But he is very consistent. He’s not having accidents right now. He’s doing a great job in peeing. He just likes to do it in the tub for whatever reason. If you try to reverse this behavior now it might be catastrophic. He might say, “Okay, I can’t pee in the tub, I’m going to pee on the carpet.”

So I told her, out of all the things that you can pick a battle on right now, I don’t think this is the one. He knows to take his clothes off whenever he has to go. He’s going to the bathroom. Let him become consistent. Let him hit Stage 4 first.

After he has gone through Stage 4 and he’s been on Stage 4 for a while, then you address it. You don’t hit Stage 4 tomorrow and then you try to reverse another behavior.

Now, go back and say “Okay, we do not pee in the tub we have to use the toilet”. Then, you get the child out of the tub and onto the toilet. So don’t pick that battle. Let him do what he has to do. Let him hit Stage 4 or let her hit Stage 4. Once your child hits Stage 4, and then you can pick your battles as you want because you know that they have consistency. So the best time to pick battles to win with your child when it comes to potty training is after they’ve gone through Stage 4.

Chapter 20:

Day Care

Well, there comes a time where your child may have to go to daycare or can possibly already be in daycare and that is perfectly okay. But the thing is you want to make sure that your daycare is on board with the potty training. If there's anything that may cause your child to regress it could be a daycare provider that is not on board with what you are trying to accomplish.

The question is, "Are all daycares going to be on board?" Absolutely not. The daycare where I worked Lorenzo also attended. To explain the difficulties we had to get Lorenzo's teacher to comply with some of the things that we wanted during the potty training process was extremely difficult.

We ended up having to go to the head of the daycare and ask them for help. So, if I am a teacher there and it was difficult, it can be difficult process for you as a parent. But the key is to be vigilant. You want to be strong. Remember and even remind them that you're paying them money, so they need to help.

You must understand that in the daycare setting there could be 10, 15, 20 kids and maybe 4 or 5 of them need to be potty trained. So, it is difficult for that teacher to be able to handle all those kids, including your child.

There are things that you have to ask and expect to make sure that the potty training process doesn't end at nine in the morning and start again at five in the afternoon when you pick your child up.

They are not going to be as vigilant as you, but there are some things that they can do. First of all, you want to make sure that you get at the end of the day is a sheet that basically is a schedule of when your child went to the bathroom. The sheet has to tell them what time they went to number 1 and what time they use in number 2.

You also want to note if there was an accident and at what time of the day the accident occurred. That is important and it's not only just to track when your child goes to the bathroom, but it's to make sure that your child is going to be taken into the bathroom when they need to go.

When Lorenzo was in the daycare, if he ever had an accident, we could look at the sheet at the end of the day and we can see that he was skipped at bathroom break for four or five hours during that day.

So, whenever he wasn't taken to the bathroom he would have an accident. The other times that he would have an accident is when they were outside on the playground and they did not go to the bathroom before. Then, you've got a child that's about two and a half years old and they're on the playground and they have to go to the bathroom.

That child cannot hold it to make it all the way inside to go to the bathroom. By the time he's running to go inside, and he's trying his best, he would have an accident. So, it really wasn't an accident of peeing on himself for no apparent reason. It was that he just couldn't hold it anymore, and he couldn't make it to the bathroom when they decided to finally take it.

You can increase your child's chances for success by making sure that they could give you that journal every single day. It only takes 30 seconds to put that journal together. It's not something into which they have to put a lot of work.

Here is the schedule that you need to be on when your child is in daycare. Number one, you're not going to be able to make it every 20 minutes. It's not realistic, so if you want to make sure, you take your child to the bathroom right before you leave the house.

If you're getting ready to leave, and his coat is on, the car is on and warmed up, then go to the bathroom as soon as they get to school. This gets them using the toilet in school as well.

Then, you want to make sure that the teacher takes him or her to the bathroom before and after lunch and then again after their nap.

You don't want to ruin their confidence by them having an accident during nap time. So, before they take a nap and after they take a nap make sure that they use the potty. A Then the minute you pick them up from daycare, make them use the potty before you leave there and then again when they get home.

Now, some daycare providers might say, "I don't have time to do this." Politely remind them of this one simple fact: It's easier to take the child to the potty than it is to clean a mess that may occur from them soiling their clothes.

Most daycare providers are wonderful. We worked with many of them and we've had many success stories from many of our parents. Creating a good relationship with your daycare provider is key. Remember, you guys are on the same page, you guys are working together for the same common goal because the more potty trained you child is, the easier their job becomes.

Chapter 21:

Traveling and Errands

Alright, let's face the fact. You are a busy Mom or busy Dad or a busy Grandparent or a busy potty trainer. But you don't want to be stuck in the house during that potty training process. And yes —for a day or two you might be. But don't let potty training keep you from enjoying life and having fun and doing the things that you got to do.

You may have shopping to do and errands to run. You might have a family to take care of. You've got things that you need to do. So here are some tips that will help you have a more successful potty training experience especially when you have things that you need to do.

First of all, you want to get yourself a spill-proof travel potty. If you don't have one, visit www.pottytrainingchairs.com/travel and get yourself a spill-proof travel potty. Basically, it is a simple little potty chair which has a spill-proof lid. With that, you can keep it in the car so instead of having to be home to go to the bathroom every 20 minutes.

You can be in the mall, you can be at the grocery store, you can be out shopping, and your child can still use the potty without the fear of having accidents.

When you are travelling or you're going to run errands, what you want to do is just like with the day care scenario, you want to use the bathroom before you leave. You will also want to plan your day and where you will be going so you'll be prepared about whether or not those places have bathrooms.

In other words, if you are going to place A and they have a bathroom and place B, does not have a bathroom, then you want to go to place B first right when you leave the house because your child has just gone.

Once we would get to a location like a grocery store or a mall, especially if this is a grocery store or a mall that you've never been to, we would find the bathroom. So now, let's say we are out in the middle of shopping and Lorenzo had to go to the bathroom. It's wasn't a problem.

As soon as he said he had to go to the bathroom or we said, "Lorenzo, do you have to go to the bathroom?" and he said, "Yes," we knew where the bathrooms were. Most parents don't take that one step so what happens is the child says, "I have to go to the bathroom," the parents are in a state of panic to find the bathrooms.

So, when we first got to the store, we would find the bathroom and then go to the bathroom. We would then get our most important stuff done first because we knew we just went to the bathroom and had more free time now than we might later. So, the smaller, less important things could wait.

Back to the travel potty, these are really great because they will also help you out when you are going to take a long road trip. If you don't have one, you know that stopping frequently is going to be an issue.

When Lorenzo was 2 years and 2 weeks, we had him fully potty trained and we took a trip to Florida. Back then, we were at Code Orange, and the government said it wasn't a good idea to fly. So, we decided to take a bus with three kids from Connecticut to Florida. It was a thirty-hour bus ride with a child that just finished potty training.

To tell you it was a challenge is an understatement. Back then, there weren't spill-proof potty chairs so we didn't have one to bring, so we bought a huge 2 litre bottle. Every 20 minutes on the bus, we would hide in the corner or go into to the back and say, "Okay Lorenzo, pee into the bottle," and that's what he did. When he had to go number 2 luckily for us, was during a rest stop. But we didn't let the fact that he had the potty train keep us from doing what we had to do.

Chapter 22:

Conclusion

Congratulations! You have made it to the end and I want to personally thank you for trusting us with this very important stage in your child's life. I want to wish you all the luck so that you are successful in potty training.

You have taken the necessary steps that many have not. You have taken the steps to getting the information so that you know what you need to do to be successful.

Remember, you want to be consistent. Consistency is one of the most important things that you can do right now for your child to help them be successful in potty training. If there is anything that you learn from us today, please let that be that consistency is crucial.

Secondly is the 'push.' Every time your child sits on that toilet, make sure they are pushing. Once they push they can get up even if they have not done anything on the toilet, as long as they have pushed it is okay for them to get up.

Remember that you are in charge. You are the parent and you have to set the stage. You are pulling the strings, so remember that as your child is trying to push the boundaries you have set. As a parent and as a human this process maybe frustrating.

This process maybe tough and we understand that, and so we're telling you to be parents and be human. You're going to be frustrated, you're

going to be mad, and you might even yell a couple times. But don't let that keep you from saying to yourself, "I'm not a good parent."

You are human, it's going to happen, so you have to be yourself and do how you normally do things and be yourself and be happy and true to yourself.

Most importantly, as we said, get some rest because you don't want to be stressed during this process. You want to have as much energy as possible. That not only will increase the chances for your child success, but help you maintain your sanity and increase your own success as well.

We wish you good luck and lots of fun. Be strong!

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