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**Eight Tips For Potty Training Your Toddler**

**By Jacqueline Courtiol, M.A. Ed.**

Getting your toddler to perform toileting independently is a welcome milestone for any parent. Few

of us want to be changing diapers much past the child's second birthday. However, children vary greatly in their adoption of the potty routine which is influenced by a child's innate ability, aptitude and maturity. However, there several tips and techniques you can use to hasten the blessed day when your toddler says: "Mommy, I did potty by myself".

- 1) Get your child ready – explain to your child that it's time to do "pee-pee" and "poo-poo" in the potty. Promote the benefits of being trained such as no more diaper rash, interruptions for diaper changing, being clean and dry. Discuss training as an important stage of growing up.
- 2) Make it fun - first and foremost, make this a game. Children will naturally resist anything which is not framed as a fun learning experience. Use play, music, toys, and stories as part of the experience to keep the child from getting bored or distracted.
- 3) Create a ritual - try to make the experience repeatable so your child knows what to expect each time and gets into the routine of sitting and staying on the potty.
- 4) Use props - use of books, toys, videos and music all help create an atmosphere of fun and enjoyment which is so essential.
- 5) Time it right - Try repeating the process every hour for 2 to 4 minutes. If you can do this close to times your child usually has a bowel movement or urination, such as just after a meal, even better.
- 6) Be prepared – If you are traveling or away from home, bring a folding, plastic adapter ring that fits onto an adult toilet seat is useful. Extra tissue and wipes will be useful in bathrooms that are short on supplies.
- 7) Give praise - give you child social praise for sitting on the potty patiently or for staying dry. If the potty routine is successful, consider some reward (e.g. special prize, book or foods) that are especially valued.

## Eight Tips For Potty Training Your Toddler

8) Show your child how to clean up – demonstrate how to wash hands and dry hands on a towel.

Remember that training your child takes patience and perseverance. Staying on task and being consistent send an important message to your child. Above all, don't let your child feel forced. It's important to keep the whole experience fun and enjoyable for the best results.

Jacqueline Courtiol, M.A. Ed. is a veteran teacher, mother and business owner. She is the founder of

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and are recommended by pediatricians. More information can be found at

<http://coliccalm.com/gripe-water.htm>

### **Tips For Potty Training A Stubborn Toddler**

**By Susanne Myers**

I potty trained quite a few kids over the years, but I have to tell you, my daughter has been the toughest so far. She is just such a stubborn child - especially when it comes to potty training. If you are in the same situation, here are some tips that have worked for my daughter and me. With a little luck they will work for you as well.

#### **Stick To Your Plan**

Once you determined that your child is ready for potty training, it is especially important with a stubborn child that you stay consistent and stick to your game plan. Don't go back and forth between putting a diaper on her one afternoon - because it is convenient and then expect her to go back to using the potty. This isn't a good idea for any child in potty training, but is particularly bad with your stubborn child. On that same note, don't give in to her when she asks for a diaper, or wets her pants. She may even try to hold "it". Check with your pediatrician to see how long you can safely stick to your guns in that case.

#### **Relax and Keep Your Cool**

Potty training a stubborn toddler can test your patience to almost no end. You will be tempted to blow off some steam at time - and you should - but not in front of your toddler. This is a difficult time for her and she needs all your support and cheering. She doesn't need to feel like you are disappointed in her. Do your best to relax and keep your cool. If you can't, then step out of the room for a few minutes to regroup or yell at a pillow - out of hearing range of your toddler of course.

#### **Make It Fun**

## Eight Tips For Potty Training Your Toddler

How can you take the stubbornness right out of your toddler, when it comes to potty training? Make it fun! Add a drop or two of blue food coloring to the toilet bowl and tell your toddler she can turn it a different color by peeing in it. Drop a cheerio in the bowl for a little boy to use as target practice.

### Use Positive Reinforcement

Using positive reinforcement is your best potty training tool while training a stubborn toddler. Become your child's biggest cheerleader when she goes in the potty. You can also offer her a small treat like a few M&Ms or a sticker to show her how proud you are of her using the bathroom.

A great tool for positive reinforcement is a potty training chart. You can draw your own or find a printable potty training chart online. Each time your child uses the potty you either draw a smiley face on the chart or use a sticker. Hang the chart up so everyone can admire your child's progress.

For more potty training tips a free e-course on potty training and a free potty training chart visit

<http://www.mypottytraining.com>



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