

How do I know if my Child is Ready to be Potty Trained?

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By Mary Eule

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Well, as they say, if I knew the answer to this question and I could apply it to every child, I'd be rich! The simple answer is there no simple answer that can be applied universally. However, based on our extensive research and experience we can offer the following advice and tips.

The majority of clinical research studies suggest that you can expect that a normal, healthy toddler should be ready for potty training between the ages of 18 and 27 months (some girls may even be ready as early as 16 months) but that development signals are far more accurate predictors than chronological age. (NOTE: Consult with your pediatrician if your child has physical, mental or emotional challenges which might affect this process.) They also agree that:

1. You shouldn't wait until your son or daughter asks to use the potty (they may be teenagers before this happens :>)
2. Language skills have little, or nothing, to do with effective potty training, and
3. If you're waiting for your two-year-old to become less "stubborn", they may be wearing diapers for a very long time!

Pediatricians have also identified other readiness signs. Your toddler is probably ready for potty training if they:

1. Imitate others - especially Mom or Dad
2. Get frustrated when something, or somebody, is out of place. For example, you might hear them say, "No, Daddy! That goes here!"
3. Try to undress themselves

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4. Seem proud of their accomplishments
5. Appear curious about the toilet and genitals - theirs and yours
6. Talk about pee pee and/or poo poo (or poop)
7. Display awareness when pee pee and poo poo are happening - especially just before the fact

Additionally, if your toddler is able to sleep through the night without wetting his/her pants it's a good indication that they're ready.

TIP: If your toddler is still taking a bottle or cup to bed with them or they're in the habit of drinking right before bed, you may still be waking up to wet diapers - even though they may actually be ready for potty training. If this is the case, you'll need to run a small test. Stop giving them any liquids 2–3 hours before bed (Yes, it means they'll have to forgo that bottle). Then make sure to change their diaper right before you put them down. This will make it easier for them to stay dry through out the night and allow for a more accurate assessment. Remember however, to check your toddler's diapers right away when they wake up!

Now that you've determined that your child is indeed ready let's continue ...

How do I know if I'm Ready?

Thanks for asking such a great question! As you probably already know, success with anything requires planning, determination, commitment and work. It is no different in this case.

There are a number of methods for potty training your child but we advise that you choose one that is designed to significantly compress your child's learning time and ensure that the journey is a joyful one - for both of you. And that's exactly what will happen if you're ready.

So before you begin make sure you're ready to:

1. Commit to continuing the entire process even when you don't think you're making any progress whatsoever... (and trust me, in the beginning you'll have your doubts!)
2. Prepare properly in advance - The preparation process should not be onerous or expensive so this shouldn't be a problem
3. Believe that potty training your toddler will be a joyful celebration of an important milestone, not a headache... no matter what your friends and family tell you
4. Devote at least two full days (even though in most cases, tots really start to get the hang of it early in the evening on the first day) to working with your toddler. Many of our clients prefer weekends – a fine time to begin (unless there are too many distractions). This means no distractions, no shopping, no cleaning, no car pooling... If you have other children, it's a great idea to get a babysitter or let them

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spend a day with grandparents or friends.

5. Go it alone - This works best with one person teaching... preferably a parent and the child. That's it. Consistency is a key element and that is best achieved using one teacher and few distractions.

Remember, children have an innate desire for independence! No matter how stubborn your two-year-old is... they WANT to use the potty! Good luck!

Mary Eule has spent her career helping people and businesses by researching and writing help guides. She's the founder of two successful small businesses and an award-winning speaker. She's the President of Strategic Marketing Advisors, LLC . She has a BA in Journalism/English from the University of Maryland and earned her a master's degree from Johns Hopkins University. She is the co-author of a new guide for parents, "The Official BRIEFS Potty Training Guide". Visit her website at:

<http://www.AskThePottyTrainers.com>

to download her e-book, obtain more information or sign up for

her monthly newsletter.

Is Your Baby Ready For Potty Training

By Sarah Veda

You're getting tired of changing those diapers, aren't you? It's so great to be able to get your child out of diapers. But, when it comes to potty training, timing is everything. If you start when your child isn't ready, it will just take longer. However, if you miss the right opportunity, your child may resist the process more when you try later on. So, just how do you know when to begin?

First of all - forget what your mom told you about having you potty trained by the time you were eighteen months old. She probably just had herself trained to sit you on the toilet at regular intervals, which is not the same as being fully potty trained. It's really best not to even think about potty training until your child is two. But, for most children, the right time will hit sometime between the ages of two and three.

When your child is ready to begin potty training, he will show an interest. He will begin to want to observe your toilet habits and will ask questions. Explain that big people go to the potty instead of using a diaper. Even if it makes you uncomfortable, let your child go to the bathroom with you and watch. If you have a son, make sure Daddy is taking him to the bathroom with him, too. Daddy will probably resist this, though I'm not really sure why, since public restrooms make public urination a regular occurrence for the average male! There are several good story books on the market about potty training that you can start reading to him your child at this stage, to help encourage an interest in going potty. There are books geared specifically to boys and those geared to girls, which is helpful.

Another good sign that your child is ready for potty training is his ability to pull his pants up and down

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by himself. If your child has mastered this step of dressing, potty training will go much more smoothly.

Another important physical sign of potty training readiness is the frequency with which your child urinates. If he is still wetting his diaper every half an hour or so, he is not ready. But, if he's going one to two hours between wet diapers, then he is able to hold his urine, which is critical to being truly potty trained, at any age.

If you think your child is ready for potty training, check out my article in "Mommy to Mommy - the Truth About Taking Care Of Baby", where I outline some potty training strategies designed to make this developmental hurdle as painless as possible, for you and the little one. You can pick up this book at

<http://www.educatedmother.com>

Sarah is a 41 year old wife and mother of two boys and one girl. She spent many years as a manager in the corporate world, and gave it up to be a stay at home mom. Go to

<http://www.infantresources.com>

now and get her incredible baby minicourse - absolutely free.



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