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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Potty Training -Not For The Faint Of Heart**

**By Sarah Veda**

If you've determined that your child is ready for potty training, it's time to take the plunge. It's not easy, but don't despair, your child will master potty training some time before kindergarten. It's important to make sure you're ready, too, because potty training requires a lot of commitment on the part of the Mom.

First, you need to make potty training a project. If your child is really ready, and you make the commitment to focus on it, many children can be trained in about a week. But, you've got to stay on top of it to make it go quickly. Here are some tips to help you out.

Use the timer Tell your child that when the bell rings, it's time to race to the potty. Then set the timer for 20 minutes. When the timer goes off, race to the potty with the child and see if she can go. If not, set the timer for another 20 minutes and try again. As you determine the right interval, you can wait longer between alarms, but 20 minute intervals is a good place to start. Not only does this make a game for you and your toddler, it ensures that you won't forget to ask if she needs to potty. Success breeds success here. If she can go for a long time without wetting her diaper, it will encourage her to remember. But, at first, you've got to remember.

Offer rewards Offer some sort of reward every time your child goes in the potty. Double it if she tells you she needs to go and then actually goes. Every success should be wildly celebrated. We do our happy dance, sing our song and get stickers, each and every time.

Let the little one go naked This tactic works best for those without carpet. Your child will really get the picture about how potty training works if he has an accident while wearing nothing on his bottom. It can be messy, but you'll probably find that it really speeds up the process. It seems to work especially well with girls, as they really don't like the feeling of wetness.

The most important aspect of potty training is diligence. There are lots of tools that can help you, like books and dolls with their own potty. But the number one factor in succeeding quickly is simply making potty training a priority, so get prepared. Plan ahead of time to make this week "potty training week" and then stick to the plan. Stay home as much as possible to make training easier. Before you know it,

## Potty Training –Not For The Faint Of Heart

you'll be kissing those diapers goodbye!

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

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now and get her incredible baby minicourse - absolutely free.

### **Potty Training After a Divorce or Separation**

**By Danna Henderson**

Many parents share custody of their children, which presents a unique problem when it comes to potty training. It's best to discuss potty training and agree on a strategy before you start. Both parents need to be informed about potty training and have the necessary potty training aids.

Potty Training Aids - To maintain consistency throughout the potty training process, it's best if both parents either share the potty training aids or purchase the same aids. This way your child will have a potty seat she is comfortable with at each parent's home.

Potty Training Methods – Both parents need to use similar potty training methods so your child doesn't get confused. Make sure you are both informed and decide how you're going to handle potty training instruction, rewards, and accidents.

In some cases, the divorced or separated parents don't have a good relationship and this level of communication is not possible. If this is your situation, it may be easiest to pack your child's potty seat along with a note describing your potty training strategy (and any other necessary information) and send it with your child.

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Danna Henderson started ZIP Baby in order to provide parents with comprehensive potty training information as well as a large variety of potty training products. For more information about potty training, visit

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