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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Training Your Kids**

**By Robert Michael**

Is potty training your child not going as well as you anticipated? Children react differently to potty training. Some do well while others fight it. Most parents are able to tell when their children are ready to start potty training. The average age for children to start potty training is approximately two to three years old. The following are some simple methods to help make it easier for you as well as your child.

1. When a child is about two years old it is a good time to start practicing using the toilet. You can purchase a small potty chair and potty seat that will fit over your regular sized toilet seat. Start by bringing the child's potty chair into the room that your child spends most of the time when you have time to pay attention to what they're doing. During this phase of training it is a good idea to let your child play in just a shirt with his or her diaper off. By not wearing a diaper they will start to realize that it's time to urinate when it starts running down their legs.
2. When you decide to start potty training your child choose a time that you know that your families routine is less likely to be disturbed by guests and extended time away from home.
3. It's a good idea to decide upfront what words you'll use to describe body parts as well as the bodily functions. It's important that you discuss urination and bowel movements with your children matter-of-factly.
4. A fun way to get your children interested in using the potty is to use one of their favorite toys are dolls with a pretend potty. As her doll starts to be successful going to potty she can then move her up to wearing underwear.
5. Speak openly and talk with your child about why it's important to be potty trained. You can explain to them that if they stop going in their diaper that they will not have diaper rash anymore and they will be clean and dry.
6. There are many books, videos and other training aids out there to help you and your child through the process of potty training. A good time to look at these books with your children is while they're using the potty.

7. Declare "Potty Day" as the day that potty training will begin. As this day approaches remind your child over and over that it is coming.

8. You might find that your child develops a fondness for unrolling the toilet paper. If this is a problem try mashing the roll so it does not unroll so quickly.

It's important to remember that potty training your child is a process and they won't get it immediately. With a little practice they will soon be using the potty successfully. Don't give up and keep trying.

Robert Michael is a writer for

<http://www.fmeatraining.com>

which is an excellent place to find training

links, resources and articles. For more information go to:

<http://www.fmeatraining.com>

## **Adventure Camp Jobs in the UK**

**By Sarah Manners**

Adventure enthusiasts who would like to work in the UK are drawn to the possibility of becoming activity instructors at various UK based adventure camps.

Not only do you get to experience the UK at its best - you get paid for the work you do at the camps which funds your traveling. Young, enthusiastic people who enjoy working with kids are the best candidates for this type of holiday work. Applicants also need to be eligible for a Working Holiday Visa or hold an EU passport.

### **Working at Adventure Camps**

Greg Campbell from Johannesburg is currently working at one of Kingswood's coastal camps called Overstrand Hall, in Norfolk.

He explains: "I am an Activity Instructor and teach kids a variety of activities such as abseiling, archery, problem solving, laser quest, aeroball. We also run fun computer sessions where the kids make movies, pretend to be a pop idol and are encouraged to try create crazy recipes with worms and eyeballs! When it is not so busy we help with improvements on the centre.

### **Work and Qualify as an Accredited Training Instructor**

"Working at an adventure camp is a great and easy way to see another country and have fun while doing it! The training I receive while working at the camp is another huge bonus as Kingswood pays for all my training and qualifications and at the end of my stay I will qualify as an accredited training instructor."

### **The Highlights**

Simnikiwe Siqebengu is another South African who recently finished working at an adventure camp. He says, "There have been so many highs while I have been here, like seeing kids overcome their fears of heights or darkness. There have also been so many moments where I'd be playing cricket on the beach with a group or playing a racing game in the computer labs and I'd think to myself, `Wow, I'm getting paid for this!"

"It can take some time to get used to being cold and wet. In the beginning I found it hard to say goodbye at the end of the week to kids with whom I had formed a bond but you soon get used to the schools coming in and out and the new faces."

### STA Travel

is the world's largest travel company catering specifically to the needs of students and

young people. Contact STA to find out about the assessment sessions which are important to attend as candidates will receive application forms and have the opportunity to schedule an appointment with the recruitment team from Kingswood Camps who will be in South Africa at the beginning of December.

### Adventure Camp Jobs in the UK

Potty Training – To Train or not to Train?

Ten Ways to Keep your Kids From Fighting

Kids and Weight Training: When Should They Start?

Dog Training Tips

The Alphabet of Birds

Scams Exposed

Understanding Acne: Causes, Cures and Myths

How to become a Chef!

Insider Secrets to Flea Market Profits



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