

# *How to* POTTY TRAIN IN THREE DAYS



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# IN A DIFFERENT WORLD...

potty training would be easier! We bribe. We beg. We ban the bran. We do everything possible to get our child to trade Pampers for porcelain.

And, often times, we grow flushed with frustration. But it doesn't have to be this way. In fact, potty training doesn't need to be a drawn-out process that lasts as long as monsoon season (and feels as wet)!

It can be done in three days' time! As you take the following steps, you just need patience, perseverance, and probably some carpet cleaner.

But, before you begin, make sure your child is ready. If they're too young, or too stubborn, potty training only leaves you drained. Your child is likely ready if they show interest in the toilet, if they go extended periods without wetting themselves and if they're able to undress themselves.





# So, what are the signs?

- 1 They can stay dry for about two hours
- 2 They sometimes wakes up dry from a nap
- 3 They dislikes wet or dirty diapers
- 4 They're aware of their bodily functions
- 5 They hide when going
- 6 They show an interest in using the potty or toilet
- 7 They can get up from a potty seat or toilet on their own
- 8 They can pull up their pants
- 9 They can understand & follow simple instructions
- 10 They can communicate when they need to go to the toilet by using words like "pee", "poop" or other words used in your family





# What supplies you'll need...

Before you put this step by step 3 day potty training method into practice, you must get all the necessary supplies.

- potty chair and a potty seat - you never know what your child will feel more comfortable with
- training pants or underwear
- books for passing time on the potty!
- beverages (water or juice) and snacks that are conducive to urination
- plenty of cleaning supplies - let's hear it for the Lysol!
- towels to protect your furniture and car. ( like puppy pads for car seats)
- wine, lots of wine. (ok, that one is optional and only for parents)





## Day one...

If you want your child potty trained in 3 days, you'll need to be consistent above all else. Thus, set aside a time when you focus on the flusher: a three-day weekend or a holiday.

Don't deviate from the potty training schedule and focus completely (basically, give a crap only about pee and poop.)

To start, **put your kid in underwear as soon as they wake up.** You might think that putting your child in underwear before they're potty trained is a giant waste of money, but underwear is uncomfortable when it's wet, ultimately deterring your child from peeing in it.

Next, **tell them what you're looking to accomplish.** Explain the point of the potty and why it's better than diapers. On the first day, lay this on thick so your child learns to correlate a full bladder with using the toilet.

**Show them how you use the bathroom.** Demonstrate all the necessary actions – wiping, flushing, washing your hands. Kids learn through observation, most of all.



### TIP

If you put your child in underwear with cartoon characters, it'll be more effective: Heaven forbid they pee on Paw Patrol.





**Then give them liquids.** In order to teach your child how to use the bathroom, they'll actually need to use the bathroom. Plying them with water and juice is a good way to assure this happens.

Once they're primed, **place them on the potty at either every thirty or sixty minutes** and keep them there even if they say they don't need to go. This doesn't mean your child has to remain seated too long, but encourage them to last several minutes.

**Repeat this process throughout the day.** They might have to go more often, especially if they're drinking a lot. Watch for signs that it's potty-time and take them whenever they look like they need to go.

Each time they successfully make it to the potty (and pee any amount from a drop to a bucket load) **shower them with praise:** hug them, cheer for them, high-five them!

If they don't make it in time, don't punish or shame them, but show that you're a little disappointed. **Gently remind them where the pee and poop go!**



**Before you put your child down for a nap, tell your child they need to go** (they'll say no if you ask). You'll likely want to put a diaper on them as they sleep. Many kids continue to wet the bed even when they're able to stay dry during waking hours.





# Day Two...

**The second day involves repeating much of the first.** However, it also comes with its own difficulty because not all kids acclimate as quickly.

If that's the case, know that accidents happen. Remember, this is about progress at first, not perfection.

**Children respond to rewards** (they're only human, after all). Still, rewarding them every time they go in the toilet sets yourself up. Rather, reward them for staying dry – this assures they get a prize when they deserve it, and not when they're pretending.

Spend Day 2 reinforcing the lessons learned from Day 1 and **watch out for manipulation**. Some kids continue to soil themselves in hopes that you'll put them back in a diaper. But don't give in no matter what. In this battle of wits, you must outlast!





# Day three..



On the final day, continue the established patterns but take your child out of the house. You don't need to go far – the local park or a cafe.

The point here is to teach them that they need to **use the bathroom before leaving the home**. It also teaches them that toilets aren't always nearby – sometimes you have to control your bladder a little longer before you reach one.

Day 3 involves more discussion with your child in regards to the importance of toilet training, but reflection on how far they've come is important too.

**Celebrate their successes**, no matter how trivial. Children love praise and respond to it like ego-maniacs. Not every kid potty trains on the first attempt (or the first twenty attempts).

If you're losing the battle, admit defeat. Then **try again in a few weeks** – there's always a chance you started before they were truly ready.

If they're still not taking to the toilet after you've tried and tried again, seek the help of a pediatrician.