


3 DAYS TO ACHIEVE POTTY TRAINING NIRVANA

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Everything you need to know to plan the successful 3-day potty training boot camp. Fingers crossed, your kiddo will be a potty professional in no time!

PREPARE

 You need supplies.

1. High-fiber snacks, like apples and oatmeal with flack seeds, for your kid at eat.
2. Groceries and toiletries for you (because you can't leave the house for 3 days).
3. Toddler underwear - Disney princesses or super heroes are a fun choice.
4. Kiddie potty for every room in your house.
5. Baby wipes for the "occasional" accident.
6. Collapsible travel potty to keep in the car.
7. Wipes and extra clothes, including shoes, to keep in the car.


 Get crafty

Make the weekend extra special by planning a couple fun activities for each day: finger and body painting, water play, cookie baking, indoor bubble blowing, ornament making, recycled-box-robot building...

DAY ONE

 Get naked.

When your kid wakes up, it's off with that diaper! And "Let's go throw away ALL THE DIAPERS!" (Or gift them to another lucky child. Because diapers are too pricey to actually trash.) But don't stop with the diaper. Strip that little cutie down and get on with naked time!

 Put naked child and kiddie potty together in the same room.

Also, a packet of wipes (you will need these.) This is where the multiple potties come into play (#4 above). Your kid is not likely to stay in one spot all day. If you only have one potty, when he moves to another room, move the potty to that room.

DAY ONE continued

➡ Feed your kid high-fiber foods.

See #1 above. Fiber is important, because one of the goals for the weekend is POOP in the potty. Fiber helps keep things more "compact" and "softer." Limit cheese consumption to avoid constipation.

➡ Keep your kid hydrated.

Water helps the poop process and encourages frequent pee breaks. This is good because this weekend is all about PRACTICE. And practice makes perfect! So tell your child to drink up.

➡ Sit and wait.

Make yourself comfortable and watch your kid. When he starts to dance or looks uncomfortable because a strange liquid is running down his legs, announce, "It's time to PEE-PEE!" and VERY QUICKLY place him on the kiddie potty. Better yet, make him spend the entire day on the potty to guard against accidents. You can spoon-feed him and read him books while he hangs out.

➡ Use a timer (if you want).

Set it to ring every 20-45 minutes to get your kid in the habit of peeing. But the goal of potty boot camp is to get your child to recognize his body's inner rhythms, not learn to pee on demand. If you go the timer route, think of it as a reminder for you to check to see if he's doing the pee-pee dance.

➡ Celebrate success.

Learning to use the potty is a major milestone. This means FESTIVITIES! While it's possible to do non-candy/sticker/toy rewards, you know what motivates your kid. Experiment with self-esteem boosting rewards first: Every time the potty magic happens, dance and cheer and say, "We are SO proud of you. Are YOU proud of YOU?!"

➡ Embrace the diaper during nap.

For nap time, insist your kid sit on the potty: "We pee-pee BEFORE we sleep!" Then it's on with a diaper: "We nap with a DIAPER ON. Just in case. So you can rest and don't have to worry about pee-peeing right now." (The goal of potty boot camp isn't to sleep commando. That comes later once your kid consistently wakes up dry. Ask your pediatrician about night-training.) And immediately after nap, it's DIAPER OFF and back on the potty: "We pee-pee AFTER we wake up!" Follow this for bedtime, too.

DAY TWO

Day 2 is similar to Day 1. Except you can LEAVE THE HOUSE!

In the afternoon, venture outdoors for a walk around the block with your child. He can wear clothes, with or without underwear. Set the expectation that every trip out of the house begins with a potty break: "We pee-pee BEFORE we leave!" And end the walk with a trip to the potty.

DAY THREE

Day 3 is similar to Day 2. Except you can TAKE A CAR RIDE!

In the afternoon, venture out in the car. EVERYBODY pees before and after. While you're out, your child might feel the urge to pee. DROP EVERYTHING and run to the nearest bathroom.

Bring along your kiddie potty or get a collapsible travel one. Keep it in the car or carry it with you at all times. Your kid can use his potty that he's come to love and trust. And you don't have to teach him how to levitate over a public toilet just yet.

Keep wipes, extra clothes and shoes in the car at all times. Repurpose your old diaper bag with these items, plus a small can of Lysol, hand sanitizer, and small plastic bags (or a wet bag) to keep any "accident attire."

DAY FOUR AND BEYOND

Send your kid out into the world. It's time to wear big kid underwear daily. Ask everyone you know to encourage your child to take frequent pee breaks. Then stock up on laundry detergent, and carry extra clothes and wipes with you EVERYWHERE.

At home, make life fun with naked time again so your kid can quickly get to the potty whenever he needs to. And keep CELEBRATING SUCCESS!

Remember: accidents happen. Your child will survive. You will survive. (Even 5- and 6-year-olds get into a tough spot on occasion, especially when they are distracted by a favorite toy or game.) Eventually the accidents will subside and you'll be amazed at your child's progress.