

*3 Day Potty Training
Start Friday, Done Sunday!*

*The Queen of Potty Training will share tips, advice
and secrets to potty training in only 3 days.*

*By Lora Jensen
3DayPottyTraining.com*

3rd Edition

Copyright 2001-2008 Lora Jensen

All Rights Reserved

Any unauthorized duplication and/or distribution of this document are strictly prohibited.

Table of Contents

Page 3	Acceptable Use Policy
Page 4	An Introduction
Page 6	Overview
Page 7	The “Signs of Readiness”
Page 10	What I Expect From You
Page 13	Planning Ahead
Page 15	Items Needed Before Starting
Page 17	3 Day Potty Training Method
Page 30	Regression and Remedies
Page 32	Potty Training an Older Child
Page 33	Potty Training Twins or Multiple Children
Page 34	Daycare Providers
Page 36	Traveling
Page 37	Public Restrooms
Page 38	Closing Remarks

Acceptable Use Policy

This electronic book is the creative work of Lora Jensen.

By purchasing this electronic book, you agree to the following terms:

- 1) You will not sell this electronic book, in whole or in part, or its hard copy printout, nor will you ask or permit another person to sell or distribute copies of this electronic book or its hard copy print out.
- 2) You will not personally send nor permit this electronic book or its hard copy printout to be transmitted via Internet or postal mail to anyone. I usually don't have a problem if you want to share it with someone who will be helping you potty train or even a close neighbor. **But you cannot sell it, make it available for download, or forward it to strangers.**
- 3) You will not modify this electronic book or its hard copy printout, and then transmit the modified document via Internet or postal mail to anyone.
- 4) You will neither act as nor permit yourself to be construed as an agent or representative of Lora Jensen or the website 3daypottytraining.com.
- 5) No intellectual property rights, copyrights, distribution or resale rights of any kind are granted to you.

An Introduction

Hello, my name is Lora Jensen and I am the self proclaimed “Potty Training Queen”. I’m sure I sound a little crazy when I say that but honestly after potty training my own five boys, three of my 6 foster kids and helping over 3000 parents potty train their children in three days or less, I feel like I know pretty much everything there is to know about potty training.

In 1993 I gave birth to my first son. I was the last of about 14 family members and friends that had given birth within a three year span. I’m pretty close to most of these family members and friends and did lots of play dates with them. Being that my son was the youngest of the bunch I got to observe all my cousins and friends make LOTS of mistakes in potty training. I was not looking forward to potty training one bit. But then I got a huge surprise and found out I was pregnant again! I was a little naive at the time because I didn’t think it was possible to get pregnant while nursing a baby.

When my first born was only 14 month old I gave birth to boy number two. Here I was with two babies, both in diapers, I was a stay at home mom and my husband was in school full-time with only a part-time income. It was very difficult to buy diapers for two and I wasn’t looking forward to the cost of pull-ups either.

One night while laying in bed talking to my husband I was telling him how I couldn’t believe that my nephew was still in a diaper and he was almost five years old. I was also telling him about all the ways I thought my cousins and friends were making mistakes with potty training their kids. I complained to him that I just didn’t know why potty training had to take so long. His response to me was “Lora, you don’t have to do it their way. Come up with your own plan that you think will work.” So that is what I did!

I spent the next couple of months watching my cousins and friends more closely. I made a mental note of all the things I was NOT going to do. I went to my mom and grandmother for “advice” on potty training. I did this to see how they did it and how long it took them. With all my mental notes of what I was and was not going to do I started potty training my son, he was 22 months old. Three days later, he was fully potty trained!!

I then used the method I came up with on boy number two and then boy number three. Friends and family then started asking me how I could do it so fast. I explained my method to them and they would try it and have the same results.

In 2001 my husband encouraged me to write my method down step by step. After writing my eBook, he submitted it to the US Copyright Office as a gift to me. It was wonderful getting my certificate in the mail.

Overview

The 3 Day Potty Training method was developed by the self-professed “Queen of Potty Training” to help parents in potty training their children in three days. The method’s emphasis is on accomplishing this in three days.

The principles that make my 3 Day program work are (in no particular order):

1. Love
2. Consistency
3. Dedication
4. Positive Reinforcement
5. Patience
6. Focus

What you can expect from my 3 Day potty training method:

1. A loving approach to potty training that emphasizes love, consistency and patience, backed by personal mentoring from the “Queen of Potty Training” herself.
2. When implemented correctly, your child will be able to communicate with you when he or she needs to go
3. Heads up. You will be throwing away all of the child’s diapers / pull ups. This will be discussed later. It is part of the method.

The “Signs of Readiness”

I’ve heard people say that the child needs to show “signs of readiness” before you can potty train. This is true. What most people don’t understand is, “What exactly is a sign of readiness”?

People often say that a sign of readiness is when the child starts showing interest in the toilet. In my opinion, this is an enormous misconception. Children are curious creatures. As soon as they can crawl, they’re out exploring their world. They inevitably find the toilet bowl and start playing in the water. This is not “the sign” to look for (though it is if you want to prevent them from getting sick, hurt or causing other mayhem).

A necessary sign of potty training readiness is the ability for the child to frequently communicate his or her wants. **I’m not talking about speech.** I’m talking about gestures, behaviors, sounds, signing. If you can understand that a child wants something, and the child can direct you to the item, that is good enough.

Believe me, when a child is pulling your leg into the kitchen or bedroom, they know what they want, and they are effectively communicating with you!

There is greater significance in this sign than you might think. What this behavior or attribute also means is that many children with Apraxia or speech, autism and other developmental problems can be potty trained using this method. Ultimately, the child learns that using the toilet is a good thing, something to be rewarded, and they will find a way to communicate their need to you. They like being rewarded.

My fifth child was diagnosed with Childhood Apraxia of Speech and was potty trained at 22 months old in under 3 days using my 3 Day potty training method. At the time his vocabulary consisted mainly of sounds - not actual words.

Secondly, your child must be able to go to bed without a bottle or cup, preferably two to three hours before bedtime. There are a couple reasons why I say this.

- 1) I care about your child’s dental health
- 2) It makes for easy potty training

What happens to you when you have a lot to drink just before going to bed? Late night visits to the bathroom! The same goes for your child. If you give them lots of fluid before bed, there's little chance they will wake up dry.

* A few common questions I get from moms about this sign of readiness:

- 1) *Our dinner is only an hour before bed, do I not give my child anything to drink?* It is just fine for you to give your child something to drink with dinner. Just be sure that he's not getting tons just before he goes down for the night.
- 2) *My child really enjoys his cup of milk before bed as it is part of our night time routine. Do I really need to stop this?* No, you can continue as you have milk with your night time routine but try to decrease the amount. To do this maybe you can get him a smaller cup and then only fill it half way full. Also be sure to follow the night time routine outlined in the eBook.
- 3) *My child wakes often during the night needing a drink, I don't want to tell him no because it's really dry where we live.* You can go ahead and let your child have his "sips" of water during the night if he really needs this but there is no need for full cups of water. Being that your child does wake for drinks, he shouldn't have a problem also getting up to go to the bathroom.

Third, in order for this method to work for children under the age of 22 months of age, your child must be waking up dry. Check for dryness within half an hour of them waking up. Don't wait until they've been up for an hour or so. By then, they will have peed and you won't get an accurate indication of readiness.

If your child is over the age of 22 months old he should be waking up dry but don't worry too much if he does not. Just be sure to follow the night time method outlined in the eBook to help him with waking up dry.

* A few common questions I get from moms about this sign of readiness:

- 1) *My child is 3 years old and still wakes up with a full diaper. Can I still potty train my child?* Yes! As stated above, if your child is **over** the age of 22 months and they still wake up wet, it's ok. Just be sure to follow the night time steps outlined in the eBook.
- 2) *My first child is 5 years old and still wets the bed, I don't think my 2 year old will be able to be potty trained for nights. Can I just potty train for the days and use a pull-up or diaper for nights?* Why would you want to? There is no need. You can easily potty train your child (even your older child) to wake up dry if you follow the method outlined in the eBook. It works!
- 3) *My child is 18 months old and shows most the signs of readiness but doesn't wake up dry; can I still start potty training?* Yes, just be sure to follow the steps outlined in the eBook for night time. I do recommend waiting until your child is 22 months of age because it can take longer than three days when they are younger than 22 months, but the choice is yours.

It is my experience that children 22 months of age are at the ideal age to be potty trained.

It is entirely possible that a 15 month old shows these signs. For me, if my 15 month old showed these signs, I would still wait until 22 months.

What I Expect From You

Once you start potty training, your daily routine is going to temporarily change for the duration of the three days. You need to know this now, before you start. I need you to be mentally prepared to temporarily give up certain things. Virtually all aspects of your day will be impacted.

If you watch television at certain times, this will change.

If you have a workout schedule, this will be impacted.

If you run errands, this will be impacted.

If you spend a lot of time online, this will be impacted.

If you spend a lot of time on the phone, this will be impacted.

If you nap, this will be impacted.

If you work at home, this will be impacted.

Why? In order for this 3 Day potty training method to be effective, you need to dedicate your time and energy to your child. This is the implementation of the “Dedication” principle I mentioned in the overview.

Your time during these three days will be spent in very close proximity to the child. If you are watching TV, on the Internet, running errands, in short, doing anything that takes your attention away from your child, you will not be following my 3 Day potty training method correctly.

There is a very good reason why I require you to be dedicated to this degree. While you are potty training your child, they are training you. There is a “bi-directional” communication going on here. You will be learning how they communicate their need to use the restroom. If you don’t pick up on the “tell-tale” signs they use, the three day marker will come and go and you will still be potty training.

I expect that you will have patience while you potty train your child. If you lose your cool, if you lose patience and begin expressing frustration with the child, the child will respond negatively – maybe cry, maybe wetting his or her pants, and this will drag out the potty training process.

I say this now because your child will have accidents – sometimes very unpleasant ones. I need you to be committed to handling them with love,

positive reinforcement, consistency and patience. When you do so, you greatly increase the likelihood of needing **only** 3 days in which to potty train.

I require that you spend 3 full days with your child. I strongly discourage involving multiple people in the actual potty training. If you have daycare, be sure to pay special attention to that section of the guide.

Families often consist of more than just one child. Personally, I have a whole pack of them. If you are in a position to bring in your mom, spouse, or someone else for part of the day so they can address the other children's needs, that would be great. If you do this, be sure they understand that you won't be available for long discussions because you will be focusing on the child being potty trained.

If a "second pair of hands" isn't possible, just be sure that you do not walk out of a room without your little one on your heels. The two of you have to be in very close proximity to each other during this process. Don't push the responsibility of keeping an eye on your child onto another child. I require that you be the one keeping an eye on the child. This includes bathroom breaks for you. Keep the child with you. This is the "Focus" principle.

As you can see, "Focus" and "Dedication" are related. Focus on the child. Dedicate your time to the child. Be dedicated to the method and its principles for the 3 day duration.

Remain positive. Keep your eye on the prize. Remind yourself of the benefits you will enjoy once the child is potty trained. Itemize them.

* A few common questions I get from moms about being dedicated and focused during the 3 days:

- 1) *I'm a nursing mom and I still want to potty train my child but I have no help around, how can I do this?* I've been in your shoes many times. You can still potty train your child even though you are nursing another child. Simply get the potty trainee to "help" you while you are nursing. Have him sit next to you while you are nursing and watch TV. Just be sure to keep him close. If he needs to go, stop nursing for a minute, put the baby down and address the potty trainee's needs.

- 2) *I have other kids so my husband is going to help. Can he help with the potty training too or just attend to the kids?* As long as your husband or partner is onboard with the potty training then yes he can help. Make sure that he's read over the whole eBook and understands the method. Be sure that you both go into this using the same words and terms for things so it doesn't confuse the child.
- 3) *I have to work and can't take 3 full days off; can I still use your method?* You don't have to take a full three days off from work. Use the weekend and one additional day to potty train. My method has worked for many people under three days but for the bigger part, it takes a full three days. But to answer your questions, yes you can still use my method but I can't say that your child will still be fully potty trained in just two days.
- 4) *My mom is going to start the potty training on Friday for me and I will take over when I get home and throughout the weekend. Will this be ok?* Yes, as long as grandma now stays for the rest of the weekend. This way you will be able to catch onto how she was doing it when she started the training. You don't want to send mixed signals.
- 5) *I'm going to start training on Saturday morning and I'll be with my child on Saturday and Sunday but my mom will be taking over on Monday morning because I need to go back to work, will this be ok?* Yes this will be ok, but your mom needs to be at your home over the weekend so she gets the feel for how things work and the words and actions you use so your child doesn't become confused.

Planning Ahead

The 3 Day potty training method works best when you are able to plan ahead to eliminate activities that will take your focus off your child.

1. Identify which three consecutive days you want to dedicate to potty training. They must be consecutive. If you are in the middle of using a different method, the three days should be after my recommended 30 day waiting period. Mark the days on your calendar.
2. Review your typical daily routine. Identify tasks that will take your focus off your child. These include cooking or preparing meals, running kids to extra-curricular activities and work. Now come up with a way so that you don't have to take your focus away from your child. Maybe have meals prepared beforehand sitting in the freezer. Plan for your spouse to pick up "take out". Make arrangements for a neighbor, friend or family member to ferry your kids to their extra-curricular activities.
3. Plan to not travel. If at all possible, stay at home for the three days. Get your shopping and errands done and out of the way before you start. Purchase enough potty training products so you don't have to get them after you've started.
4. About 2 weeks before you start the actually potty training, start responding to your child's bowel movements by saying "yucky" or "pew". Don't make it a game and laugh. Be serious. You are teaching the child an association: pooping one's diaper is gross. Your child may even mimic the sound. Encourage them to mimic the sound. Let them carry the soiled diapers to the garbage can. Say "blech" while they are carrying the diaper. You are helping them to make an association.
5. Read this guide over a few times. When you start potty training, much of your attention will be on the child. It may help to have a few activities at hand that the child and you can do together. Books, toys, simple cleaning; things that don't require your 100% attention, things you can quickly drop to pay attention to your child.
6. It may help to get your laundry caught up before you start. If nothing else, ensure you have a few clean sets of sheets and pajamas for the child in case they have an accident during the night once we start.
7. Locate high fiber foods that your child can eat during the three days; buy some if you need to. These help control constipation during the training.
8. Have all supplies /rewards ready before you start.

* A few common questions I get from moms about planning ahead:

- 1) *My child is 3 years old and has been in underwear for almost two years but with lots of accidents. I don't think she would understand me putting her back in diapers for 30 days. Do I have to wait 30 days before starting?* No you do not. You can go right into my method of training but be sure to follow the method to a T. You've been in the habit of doing training a different way and you may want to fall back into those habits but it's important to forget how you've been doing things in the past and just follow the 3 day plan. Keep in mind that your child may take more than 3 days because there will be some "deprogramming" that needs to be done because of all the past training that has gone on.
- 2) *I haven't really been following a method of any kind, just trying to get him to use the potty, do I still need to wait the 30 days?* No you do not need to wait the 30 days. This is just a recommendation. I recommend the 30 day wait so that the child has a break from all the potty battles that they have probably already gone through. I want the potty training experience to be a positive one. Also when you don't wait the 30 days it can take longer to train. This isn't the case always but it is the case from some. Just keep this in mind if you don't want to wait the 30 days.

Items Needed Before Starting

Potty Chair – Using one is completely up to your child. My method will work regardless. I have always purchased one for each of my children, but they have preferred to use the big one. If your child prefers the big one, try putting him or her on backwards, so they face the lid. It may help. You may use a stool or a step if you want. To see my favorite potty chairs please visit:

<http://www.3daypottytraining.com/potty-chairs.htm>

They also have fun training urinals available for little boys. They didn't have these when my boys were being potty trained but if they did, I'm positive that I would have gotten one. My boys liked standing more than sitting so this would have been perfect. You can find these fun training urinals here:

<http://www.3daypottytraining.com/training-urinal.htm>

Another useful thing for families with little boys is the little weeman. The weeman is a urinal that clips onto the front of a normal toilet. You can see how the weeman works here:

<http://www.3daypottytraining.com/weeman.htm>

Underwear / panties / boxers – Be sure to have 20 to 30 pairs on hand. Do not purchase pull-ups or similar “diapers”. Avoid the padded “training” underwear as well. I consider pull-ups and padded underwear “crutches”. You can get different sizes if you want. After you are finished potty training you can put the bigger ones away until they grow into them.

I've had many moms write to ask if they could use rubber pants, training pants or pull-ups for night time or for going places. The answer is always no. You shouldn't be going anywhere during the three days of training and after the three days, there won't be a need.

If you would like to purchase your underwear online, here is a great resource

<http://www.3daypottytraining.com/underwear.htm>

Moist Bathroom Wipes - These are not a must but they do make clean up much easier. You don't want to use or bring up the word “baby wipes” as you are training your child to be a “Big Kid”. You can buy these wipes and have them in the bathroom for a couple of days so your child knows those are big people wipes. You might be able to find coupons for kid wipes here:

<http://www.kidskandoo.com>

Liquids - Make sure to have plenty of your child's favorite drinks on hand. More than they normally drink in a day. You will be giving them lots to drink during the training process so they have more opportunities to run to the bathroom. It doesn't matter if you give them water, fruit juice, juice boxes, Kool-Aid, soda, popsicles, flavored waters or any other drink; the choices are up to you.

Let them help you mix it, pour it, add ice to it or drink it from a straw. You want to keep them drinking so mix things up a little.

Water is always best and some parents worry about lots of sugar. If you are worried about the sugar then please try sugar-free items. I personally don't recommend drinking lots of milk during the process but if you can't get your child to drink anything else then go ahead.

Snacks / Treats / Rewards – These are the “rewards” or positive reinforcement for making it to the potty in time. Make the reward their favorite snack or treat. You can also use stickers or small inexpensive toys. Use what you think your child likes most or responds to best. Fruit snacks, M & Ms, cookies, crackers are other ideas. Don't forget high fiber snacks, too.

You may want to get a 3 or 4 inexpensive toys to use as significant rewards, when you are really, *really* proud of them.

3 Day Potty Training Method

If you are currently using another potty training method, please discontinue and wait 30 days before using my method. This gives the child a chance to be “un-programmed,” which will greatly improve our odds for having your child trained in three days or less. My method is highly effective when parents and children can both begin it fresh. **At the end of this chapter I'll address some common questions about the 30 day waiting period.*

I am strongly against the use of punishment, time-outs, scolding, reprimands and other negative behavior correction techniques *during* the three days of potty training. Do not use any of these during the three days. Potty training should be a positive time. You should be having fun with your child and staying positive and upbeat.

My method is for both day and nighttime. I think it's important to do both day and nighttime training at the same time to avoid confusion in the child. I will go into detail about what to do during the day and during the night. Please repeat the steps during the three days of training.

Make sure you've planned ahead to minimize the distractions. Remember, you are going to be patient, positive, dedicated and encouraging to your child. I want to throw in some personal words of encouragement by saying that I'm proud of you for taking this step. Potty training is a lot of work but if you are dedicated and consistent the training process will go very fast.

To start you will need to make sure that everything is in order.

- Have your potty chair set up in your bathroom. I personally do not like having the little potty chair in the living room or kitchen. The child needs to learn to run to the bathroom. That's where we need to teach them to do their thing.
- Both you and your child should eat breakfast. Make sure to offer plenty of liquid to your child while he/she is eating.
- Personally be ready for the day – Showered, teeth brushed, gone to the bathroom. You don't want anything pulling you away from training once you've started.
- Your child should wear only a t-shirt and his/her diaper (we haven't put underwear on yet). Don't have pants, shorts, jumper, overalls, or a dress

on the child. Just a t-shirt. You need to see the accidents when they occur. Pants and dresses make it impossible to see when they “dribble” or have a full-blown accident.

Once these things are done you’re ready to start the potty training.

Take that last diaper off and put a fresh pair of the new underwear on the child. Use sentences like, “You are such a big boy (or girl). You are wearing big boy underwear (big girl panties)”. You are praising them, drawing attention to the fact that you like something they are doing. This is part of the “positive reinforcement” principle. Make sure you use those words (big boy / big girl). Praise him or her over and over. Be sure to tell the child how big they look and how proud you are of them being so big. They like being called big so remember to call your child a big boy or big girl often. Tell your child that they must keep their underwear dry.

It’s time to throw away the unused diapers. **Let the child do it.** Be sure to throw them all away – even the hidden, forgotten or spare ones in the diaper bag or in the car. This is more for you than for the child. I am removing your “way out”, your “crutch”. After all, you need to get through this too.

At some point your child may request that you put a diaper on him or her. They may even cry. Gently remind them that they wear big boy underwear / big girl panties, and that they don’t need the diaper any more. Diapers are for babies, and they are a big boy / girl. It will help to change the topic (this is the perfect time to offer a drink of water or juice). Maybe play a game or read a book together. Do anything to get their mind off the missing diaper.

Within 15 minutes of throwing the diapers away, take your child into the bathroom with you and get down to his/her level. Explain to your child the purpose of the potty chair. Tell your child that’s where we put pee and potty, and if he or she needs to go pee or potty that they need to go in the potty and not in the new underwear. There is no need for a power struggle here. If your child cries at this point and says no, do not react just take them out of the bathroom and go to the next step.

Tell your child to keep the underwear dry and then give frequent “pop quizzes”. You know they will be dry, but it’s more about giving praise and making the child feel good about their self. Each time your child checks the underwear and they are dry, give positive reinforcement and praise. It’s a

simple thing – but you’d be surprised how effective it is when it comes to potty training. Children thrive on praise.

Instruct your child, saying, “Let mommy know when you have to go pee, ok!” Do this a hundred times each day, all day, and at night. Children have short attention spans, so the repetition is necessary. At this time, avoid asking the question, “Do you have to go pee?” Let me repeat that. Do not ask the child if they have to go pee or potty. I have a good reason for this.

Children like to exercise control. They like feeling “trusted” that they can do something. By using the words, “Tell mommy when you have to go,” you are making them feel like they are in control. It’s also a subtle way of asking if they have to go.

Of course, at first, the child will likely “miss” recognizing his or her body’s signals that it is about to release. It’s ok. It will click.

Be very generous with the praises, even when they haven’t “done” anything. Say things like, “You’re such a big girl. Mommy is so proud of you. Be sure to tell mommy when you have to go, OK!” Again, saying this a hundred times throughout each day.

In between the times of reminding them to tell you when they have to “go”, have them check for dryness. If they are dry, give praise. I’ll cover the other scenario shortly.

Bring out a juice box, water or whatever you planned. Offer it several times throughout the day. Add ice, make popsicles, give them popsicles and/or drink from a different cup. Switch it up. Make it new and exciting each time. They need to drink lots of fluids.

Having said this, never, never, **never** force your child to drink if they don’t want to. The child is simply to drink more than usual – thus prompting frequent learning opportunities. Do not force them. If they aren’t interested, let it go.

As I stated earlier, one of the principles of My 3 Day potty training method emphasizes “focus” – your time should focus on the child. Play games, read books, watch their favorite program on TV together. Color with the child, clean the toy box – you can even do lots of simple household tasks – as long as you are **right by the child’s side**. You must not leave the child’s side.

Focusing on your child is key to my 3 Day potty training method. You must catch your child in the act of going pee or potty. Not just sometimes, but every time they go.

When the child starts going in their underwear, quickly scoop them up and rush them to the bathroom. Say, “Yucky, your underwear isn’t dry anymore.” Set them on the toilet to finish. Do not say “Bad Girl.” Even if it’s the 20th accident, don’t use negative words including “bad,” or “no.” Simply remind them that they need to keep their underwear dry, and if they need to go peepee, to tell you. If at any time they go just a little in the toilet, give them a reward. Praise them. Make a big scene about how proud you are of them. We are using positive reinforcement.

You will repeat this over and over with each accident. Accidents are part of the training. Accidents help the training process succeed faster because it gives you the chance to show your child what to do and what not to do.

For some reason, parents believe that keeping a child on the toilet helps with the potty training process. It does not. I believe you should never keep your child on the toilet if they aren’t peeing or pooping. Don’t let them read books while sitting on the toilet, as this can backfire and the child will feel that it is a punishment – a time out. This also goes for “trying” – don’t make the child “try” to go pee or poop for long periods of time. Let them see if they need to go, and if nothing, take them down. Your action of picking the child up and running them to the bathroom to do the business helps the whole thing to “click” with the child.

You may feel that it is ok to keep the child on the toilet if you just “know” they have to go. Don’t do this. This tactic favors force and coercion over forgiveness and patience. My method utilizes rewards and positive reinforcement to obtain the desired outcome. Force creates a negative learning environment and can prolong the whole process.

Since you will be in very close proximity to your child during this process, keep an eye on the child, looking for when they stop playing. They may start grunting. They may try to hide from you. They may get a “panic” or “pleading” look. These are all telltale signs that they are about to release. As I said before, scoop them up and run to the toilet.

When they release in the toilet, you should provide a flood of praise. Really make them feel good about themselves. If the underwear is not wet, draw

attention to that fact. Say things like, “See, it’s not wet. You kept it dry. I’m so proud of you! You are such a big boy!” In a few minutes, give the reminder, “Keep your underwear dry, ok. Tell mommy when you have to go”.

It also helps to have other people praise them. Call anyone close to the child (parent, grandparent). Brag on the phone in front of the child. Make sure the child knows you are talking about their accomplishment. Look at the child as you say it over the phone. The child needs to see and feel how great of an act it was for them to go in the potty. This is a perfect time for other rewards – stickers, cookies, toy, whatever.

A word about the rewards. This is supposed to be a silent reward. Do not use rewards as bribes or blatant, obvious leverage. If they go in the toilet, just matter of factly say, “Good girl! Lets give you a (sticker)”.

Bribes turn into power struggles:

You say, “Go peepee in the toilet, and I’ll give you a sticker”.

Child says, “I want one now.”

Don’t explain yourself:

“I can only give you a snack if you go pee in the toilet”

If they start asking for a reward, just ignore it or change the topic. Don’t get into it with them.

You must always act with great joy each and every time they go pee or potty in the toilet - even if it’s just a dribble.

I know I’ve repeated myself. I want it to sink in. Never miss an opportunity to build them up.

Bowel Movements

I have a few strategies for dealing with bowel movements. You may use any of them and they are presented in no particular order.

Strategy 1. If your child fears pooping, let the child come into the bathroom with you when you have to BM, let them see it in the toilet, let them flush the toilet, and have them wave and say goodbye.

Strategy 2. Make a progress chart with your child. Tell him or her that you will give a star or sticker each time he or she goes poop in the potty. Attach a reward to the whole thing. If he or she gets “x number” of stars they will get a “....” You can keep it cheap and inexpensive. If you decide to use this method, and don’t have a reward on hand that you can offer, call your spouse or other family member and have them pick one up for you. Your spouse can bring it home with them when they return from work.

Strategy 3. I would get a stick and paint it up without him seeing it. Put it at the door with a note that it's a magic potty wand and that when he holds it, it helps him go poop on the potty without it being scary or hurting.

Ring the door bell and then have him go to the door and find it. When he gets it, read the note and explain how it works to him.

Let him hold the stick and remind him that it won't be scary or hurt when he holds the stick. Also make sure you keep up the higher fiber diet so he doesn't get plugged up.

Strategy 4. If you know your child needs to potty, but they are resisting, don’t push it. Give them space. Let them start in their underwear then run them to the bathroom. Don’t remove the underwear yet. Position the child so you can remove the underwear *while you are placing the child on the toilet*. Be sure to let the potty fall into the toilet while you remove the underwear. This action makes the child feel like they finished in the potty. As always, let the praises flow. Compliment them. Make a big deal about it. Give a silent reward if you want.

Note. High fiber foods may help prevent your child from getting constipated. If at all possible be sure to give your child a higher fiber diet for a couple of days before starting the 3 day plan. Also keep in mind that kids don’t have to go poop every single day and that pooping schedules do change during and after they have been potty trained. It won’t be the same as it was while they were in diapers.

Naptime

Yes it’s ok to put your child down for a nap during training. I personally have found that most kids will not have an accident if you have them go pee before the nap and then just as they wake up. Make sure you stay close though so you know when your child wakes.

Nighttime Training

Do not give your child anything to drink when they are getting ready for bed. In fact, it's best to stop the liquids 2 to 3 hours beforehand. Take them to the toilet at least twice before tucking them in to bed for the night. If nothing happens in the bathroom, maybe read a book together for a few minutes and try again. Remember what I said about "trying" – don't keep them on the toilet. Having them clear their bladder is important. Once your child has released twice you can put them in bed. Do not use a diaper (you shouldn't have any).

If your child has a hard time waking up dry and they are older than 22 months, the following procedure may help:

- Wake the child 1 hour after he or she has gone to sleep
- Take them to the toilet and return them to bed
- In the morning, wake the child 1 hour before they normally arise
- Take them to the toilet

This helps the child realize two things:

- 1) It is ok to get up to go pee
- 2) It is also expected

If your child is in a crib, you can still follow these steps. You just need to keep an ear open for them. If you hear your child stirring, or whimpering, they may need to pee.

You do not need to do the above steps if your child usually wakes up dry.

Your child may wet the bed at night. Don't be alarmed or upset. This is halfway to be expected – we're giving them lots of liquid. Don't make a big deal of it – don't reprimand or scold. Just change the sheets. Remind the child to tell you when he needs to go pee, and that they need to keep their underwear dry. Again, don't be negative; don't say "Bad, No," etc.

This will be the end of a busy and perhaps frustrating day. Do not worry. It will click; your child will "get it", if not tomorrow, then on the third day. Be sure to keep a positive and loving attitude with your child, even if you have to change sheets in the middle of the night.

A tip for parents with older children: To help your child to go to the bathroom before bed and to stay dry during the night you can try using a chart system with the following on it:

Bedtime Routine:

- go pee
- put on night clothes
- read a book
- brush teeth
- go pee again
- keep bed dry all night

Let your child know that if he gets a star by each one he will get a prize in the morning. Remind him that he's got to get up and go pee if he's got to go.

A special tip, that works for even the hardest of cases. The following has been used even with long time bed-wetters to help them overcome bed wetting...

Once your child goes to sleep, make a bed up on the floor without him knowing. Now throughout the night you will say to him "be sure to tell mommy when you have to go pee". Anytime during the night when you hear him start to move and stir around, say to him "Do you have to go pee? Make sure tell mommy when you have to go pee".

What this does is allows you to see how often your child is stirring in his bed and will help him remember that he's suppose to pee in the potty not in his bed.

Days 2 and 3

Follow all of my recommendations from the first day.

Through working with thousands of parents, I cannot tell you how many times inconsistency has resulted in delayed or prolonged potty training. It's not the only cause, but it is a frequent cause.

For your part, be consistent. Be positive. You are to make this a positive experience for the child. Be generous with your praises. Give only mild corrections, not scolding, reprimands. By "mild corrections," I mean I want you to say something like "Remember to tell mommy when you have to go pee

or poo,” or, “Adam, honey, you are supposed to tell mommy *before* you go potty.” Do not punish or use punitive words. For example, “Bad girl” are punitive words.

Do not fall into the trap of thinking that you can use this method *and* cling to the security of using diapers or pull ups, or that you can revert to diapers at the end of three days, or if you lose your patience altogether, or in an emergency, or for daycare. No. You are finished with the whole diaper business. As I said earlier, by throwing away *all* of the diapers and pull ups, I am taking away your crutch. The child is a “big boy” or “big girl” now. You are to continue to think of them as such.

You’ve heard me say to be consistent. Let me also say to be persistent. Keep praising the child when they use the toilet. Keep this up for several months. It helps prevent a certain type of regression.

* Common questions I get from moms about the 3 day potty training method. **PLEASE READ:**

- 1) *Do I have to wait the 30 days before starting?* You can twist this question around three dozen ways and my answer will always be the same. NO, you do not have to wait the 30 days. Sometimes it just won’t work to wait the 30 days and sometimes you just don’t want to wait that long to get your child out of diapers, I understand. With this said, keep in mind that it can take longer than 3 days to potty train if you don’t wait the 30 days. It doesn’t mean that it will, but it can. Please be aware of this. Be sure that if you are moving from one potty training method into the 3 day plan, that you should follow the 3 day plan to a T. Forget all the other ways you’ve been going about it, if it’s not part of the 3 day plan, don’t do it.
- 2) *My child doesn’t want to put the underwear on, what do I do?* Don’t make this a fight. Simply put the underwear on and get him distracted with something else. Have him help you make cookies or have a special something that you can give him or show him. If you distract the child, it shouldn’t be a problem.

- 3) *Should I take my child to the bathroom to try every 20 minutes like other method suggest?* NO NO NO NO. I can't express this enough...NEVER take your child to the bathroom to "try". The 3 day method is about training the child to learn his own body signs. Taking him to the bathroom to "try" will never get him to learn those signs and many times it just causes fear in the child. They start looking at the toilet as a punishment. So again, NO! You will only take the child to the potty if they ask to go, tell you they have to go or if you catch them in the middle of an accident.
- 4) *I've been reminding my child all day to tell me when they have to go but he hasn't told me once, he just keeps going in his pants.* This is normal and all part of the training. Half of my own children never got it until the end of day three. Yes, some kids get it on the first day (my fourth son was potty trained in 1 hour) but most kids will show NO signs of them getting it until the end of the three days. It's important here that you don't get frustrated. Kids pick up on frustration and will do the opposite of what their parents want when they know and pick up on the frustration. Stay positive and consistent and your child will get it.
- 5) *I can tell my son has to go to the bathroom because he's dancing around and holding himself but he just won't tell me he has to go.* You've got to be kidding me; of course he's telling you that he's got to go. The dancing around and holding himself is a "mommy, I have to go pee" moment. Some kids don't know the right words to express that they have to go. When you see that your child is holding themselves and dancing around simply say "hurry, hurry, you've got to go pee." And run them to the potty.
- 6) *Every time I rush my child to the toilet he fights me and won't sit down, what do I do?* Don't force him. You will simply take him to the bathroom each and every time he ask to go or if you catch him having an accident and "try" to put him on the toilet but don't force it. If you remain consistent with always getting him into the bathroom each time but don't force

him, he will get more comfortable with it. It can be frustrating and I know this, but you must stay the course and not show the frustration.

- 7) *My child has a fear of sitting on the toilet, how do I get him to overcome this?* Just like the question above you will never force him. You will simply catch all the accidents and run him to the bathroom and “try” to sit him on the potty. Never force it and never make him sit there if he wants down. It’s the act of being consistent with always catching the accidents and rushing him into the bathroom that will make him overcome this fear and start being ok with going to the bathroom.
- 8) *My child won't fully release on the toilet and we are in and out of the bathroom 10 times before he fully gets his bladder completely empty, how do I get him to sit long enough to empty his bladder?* This is all normal and part of the training process. Just be consistent with taking him back and forth. The more he learns his body signs the better he will get at this. Don’t force him to sit longer than he wants. I promise that he will start to learn his body signs and go if you just keep at it and don’t force him.
- 9) *My child wants to just sit on the potty, I think it's because she is worried that she will have an accident, how to I get her off?* Find a distraction for her. Get her off the potty. I’m against children just sitting on the potty to “try”. She will never learn her body signs if she is just sitting there. Have her come watch a new movie with you, or make some cookies.
- 10) *My child has an accident not even 2 minutes after getting off the potty every single time, what do I do?* If you know that your child is going to have an accident 2 minutes after being in the bathroom then it should be easy for you to catch that accident. Catch it, and rush him into the bathroom. Remember not to force though.
- 11) *I missed the accident, what do I do?* It’s important to try and catch all the accidents in the act. But even if you don’t you still need to rush her into the bathroom. You will never lay the child down to change her

underwear. She must always stand to change the panties. Please Please never have them lay down to change their underwear, this puts them in the “baby” state of mind and they will continue to have these accidents.

12) *My child doesn't seem interested in drinking anything, will this method still work?* Yes it can and will still work. It can take longer but that is ok. Just be sure that you do still catch all the accidents when they happen.

13) *My child hasn't gone pee once in 4 hours. I know that she needs to go and I'm worried she will make herself sick.* Some kids have really good bladder control and this is ok! Don't freak out and get too worried at this point. If it goes too long you can do things that will help her “release” like having her brush her teeth with the water running. Have her take a bath or shower. Have her help you make kool-aid with her helping with the water part. The sound of the water will help her “flow”.

14) *My child has had 20 accidents and hasn't finished on the potty even once; do you think he's just not ready?* If your child is over the age of 22 months, I can tell you that he's old enough to be potty trained. Period! It's ok that he's having the accidents, its part of the training and it gives you the chance to train him. Just be sure to catch the accidents and run him into the bathroom each time. My oldest son had 30 to 50 accidents A DAY during training and didn't get it into the toilet once until the end of day three! But once he did make it into the potty, he got it and never looked back. Yup, it took the full three days for my first son to get it. It's ok!!!

15) *It's time for my sons nap and he hasn't gone pee yet, do I just put the nap off?* No need to put the nap off. You can suggest going pee at nap and bedtime only with words like “it's time for our nap and we should go pee before laying down, do you need to go?” if your child says yes, then let them go into the bathroom and try, but don't let them sit for longer than a few seconds. If the child says no then just put him down for that nap. Stay close so you can hear if he calls

out to you or starts to stir as you will need to be near when he wakes.

- 16) *My child takes 3 hour naps, should I wake him early to have him go to the bathroom?* No need.
- 17) *My child is getting tired of me saying “tell mommy when you have to go pee, ok” and isn’t even listening or responding to me anymore, what should I do?* Just keep it up. Don’t make a big deal of it or make it a battle. You will still remind her to tell you. Even if she is ignoring you, she’s getting it.
- 18) *My child wet the bed three times last night, is he not ready or old enough?* If he’s over the age of 22 months, he’s old enough. Just follow the night time method outlined in the eBook and try the special tips that I’ve written, they really do work.
- 19) *My child is just holding it and holding it and none of the tricks you’ve given will get her to go pee and then she has a huge accident. What can I do?* Older kids usually do have really good bladder control and having running water and stuff still can’t force them to release. For a child like this I would get a small small jar, marbles and a toy she’s really been wanting. Place all these things on the table and let her know that she will get one marble for each time she goes pee in the potty and when the jar is full she will get the toy. When you know she’s holding it, just remind her about the toy.
- 20) *My child did really really well on the first day and didn’t even have an accident but I’m now on day two (or three) and he’s had one accident after another, what happened?* This is when it’s very important to be very consistent and positive. Don’t show frustration as your child is testing you. They want to see if they can get the diaper back. It’s easier to just go in your pants so they will see how far they can push. Don’t give in, just stay positive and happy and they will soon realize that you aren’t giving in.

Regression and Remedies

The soonest you should implement the solutions in this section are *after* the child has been fully potty trained. In other words, they have gone many days, even weeks without accidents. Do not use following remedies during your primary potty training time.

- The child has lost interest in the toilet.

Some kids use the potty as a way to get attention and others won't. Remember, they were getting attention and praise for going in the toilet. If the praise has stopped, the child may stop.

Try the sticker reward program. The key here is to remain positive and consistent. Give a sticker every time they go in the toilet. Don't forget. Give praise.

Some kids will even use it to compete with a new baby. Talk to the child. Remind them of how proud you are that they are big boy or big girl. Point out that babies don't talk, that babies don't walk. Remind the child about other things that sets them apart from their sibling. Include the child in big boy or big girl helper roles so they don't feel left out.

- The child has slightly damp underwear.

Slightly damp underwear is not and should not be considered a relapse. Damp underwear just show that your child is controlling the urge to pee. He is showing control which is a good thing. Simply remind the child to tell you when they have to go pee.

- The child has an accident while playing.

Not only are kids curious, but they are busy creatures, intent and highly focused on what they are doing. Like many grown ups, they may simply procrastinate or even forget about "getting to the toilet."

I recommend using a stern voice to remind them that they need to do their business in the toilet. Try the reward program again. If the child has 3 consecutive successes, give a prize or reward.

Alternatively, for children 3 years old and older, perhaps give a 5 minute time out or a negative reinforcement (taking something away). Have a talk with your child. Identify the undesirable behavior to them. State the consequence. Then when it happens, follow through. Reassure the child that you love them. Tend to the accident and implement the consequence. Have the child clean themselves up. Repeat as necessary.

Potty Training an Older Child

Children older than about 2 ½ years old are a little harder to potty train. They are resistant to change and are getting set in their ways. They have a “habit” of using a diaper to go pee or poop in. They don’t want to take a break from playing to run to the toilet.

The method for training a younger child also applies to training an older child but consistency is even more important. When you start this method you must NOT stop. Be consistent and positive and make sure to ALWAYS catch them in the middle of their accidents. If you can’t see the child, find them.

Older children can understand reasoning a little better so you can explain more and expect more from them.

Potty Training Twins or Multiple Children Simultaneously

I have many parents with twins or multiples ask if this method can work for them.

I also have parents with children at two different ages ask if the children can be potty trained simultaneously.

The answer to both of these situations is “YES”. You can potty train twins, multiples and two or more children at the same time. It’s more demanding on you, and may take a few extra days, but it can be done. If I, personally, had to choose between potty training multiples simultaneously or doing it one-at-a-time, I would bite the bullet and do them all at the same time; “just be done with it.”

Having someone to help out is by far the best way. Be sure they read the guide. Discuss with them how you want situations handled. The two of you need to handle things identically.

You can go it alone if you need to. Just be mentally prepared for some extra work. Also, the children must be right by your side at all times. If one child needs to use the restroom, ask the other child to come with.

The underlying principle for potty training two or more children simultaneously is that you need to treat each child as an individual. Ideally, each child should have their own potty chair. They should each have their own underclothes and their own favorite treats and favorite drinks. Be sure to not use one’s successes against the other child or children. Don’t say things like, “See, Johnny can do it. Now you need to too.” Just because one child might catch on right away doesn’t mean that the other child / children will get it the first day or two. Keep in mind that they are individuals and that they may catch on at different times.

Daycare Providers

If your child is in daycare be sure to discuss with your daycare providers your plan a day or two *before* you start. Explain to them that when your child returns to daycare that they are not to put a pull-up or diaper on the child. They may come back to you and say that if the child has an accident, they will put a diaper on the child. Gently remind them about the importance of being consistent, about how that would send mixed signals to the child, and could undo all the progress you've worked so hard to achieve, and that you greatly appreciate their support. Maybe even offer a pair of movie tickets.

You or your spouse may need to take Friday or Monday off from work to give this method the best possible chance for success. Do not put your child in daycare during the three days. It's just too soon. Day 4 is the earliest that I recommend returning your child to daycare.

Sometimes you may just have to play it by ear. At the end of day 3, if the whole toilet thing has not "clicked" with your child, you may need to take the next day off from work. The "clicking" or "getting it" needs to occur before the child returns to daycare.

If your daycare provider is not on board with you then you might have a set back or two. I've never had my kids in daycare but many of the moms that I've helped potty train have kids in daycare. There are many wonderful daycare providers out there and they are willing to work with the parents but there are some that want nothing to do with helping the parents out. They want the child in a pull-up or diaper until they leave for school.

If your daycare provider is one that isn't willing to support you during this training you might need to spend an extra day or two at home to make sure that there are no more accidents and that the child is confident in his new skill.

You may need to be firm with your daycare provider with regards to your "no diaper" position.

If you are concerned about your daycare provider putting a pull-up or diaper back on your child, you might want to try Pods. Pods are little thin strips you place in your little ones underwear. These strips will absorb any accident your child has so he doesn't make a "mess" on the floor. Your child will feel the

strips turn to a cold jell like substance and asked to go to the bathroom. The daycare provider can then just replace the strip. Pods can be the solution for those hard to work with daycare providers. You can find Pods here:
<http://www.3daypottytraining.com/pods.htm>

Traveling

I have many parents that want to know how to handle long road trips or flying. Many want to know if it's ok to use pull-ups or diapers during this time. My answer will always be NO. Once you are done potty training your child there won't be a need for this.

If you are traveling in a car, be sure the child sees that you have put a potty chair in the car and let them know that you will pull over if they need to go. Several times during the trip remind them to tell you so you can pull over.

Before leaving for your trip you can always tell the child that we have to try and go pee before going on trips so he's got to try. "trying" is ok once they are already potty trained because they already know their body signs.

Bring an extra pair of clothes and if you are worried about the car seat, try using disposable change pads and putting them into the car seat.

As for flying, just be sure to get your child to use the toilet before getting on the flight. If you feel they will need to go and will have a problem using the toilet on the flight, let them use the little "bye bye bag" listed below in the next chapter. If it becomes too stressful for you, you can always use PODS, but make sure the child doesn't realize too much that you are using them and remove it as soon as the flight lands.

<http://www.3daypottytraining.com/pods.htm>

Public Restrooms

Many kids have a problem with public restrooms, heck I'm 36 years old and I have a problem with public restrooms. If you can bring your potty chair and leave it in the car, that would be great but I know that it's not always possible so here is how to handle public restrooms.

Create a fun "bye bye bag" or backpack for your child. In this you will have things like hand sanitizer, stickers, a little pack of wipes and toilet seat covers. You can find toilet seat covers in the "travel / trail size" area of the store. The best seat covers that I've found are these:

<http://www.3daypottytraining.com/seat-covers.htm>

Let your child see this bag and get use to the items in it and then let your child know that it's for when they go bye bye and have to use public restrooms. Works like a charm every time.

Closing Remarks

It's ok if your spouse wants to help. Make sure you both read this guide, and that you are both agreed on the rewards and corrective strategies. Remember what I've said about consistency.

During the three days, stay close to the child. If you can't see them, find them. You must catch the child in the act.

Keep an eye open for behavior changes. If the child has toys but is not playing, and has a serious look on their face, they're about to start pooping.

Don't be discouraged if it hasn't clicked by the end of day 1. It will happen by day 3. Again – be consistent.

It is not ok for the child to run around buck-naked, or with just a shirt. They need to have the underwear on.

If you think there might be the possibility of you personally needing to run an errand during the three days, get a travel potty chair before you start the three days and let the child train on that. Then, when you run your errand, take it with you. Remind the child to tell you when they need to go. To see my favorite travel potty chair visit: <http://www.3daypottytraining.com/travel-chair.htm>

Honestly, my advice works. I have seen unsolicited testimonials on several websites and in different forums about me and my method. People are happy with the results.

I am not a doctor; I am just one parent helping another. You know your child better than I do. If you have any concerns, consult your doctor.

You will do great!

Love,
Lora °ü°