

How to Overcome Potty Training in Three Days

As a parent who perhaps has begun the potty training process, you may have read the title and had instant skepticism set in. Well, the good news is that once you try the strategy described below, you will not be a skeptic anymore – but a convert to a new process that can be used on any more children that you have.

The three day potty training process is one of the easiest ways to get through potty training quickly, easily, and with as little hassle as possible. If you are ready to start the journey to potty training success, then just keep on reading.

The Three Day Achievement

Potty training in 3 days was a concept developed child professionals. Numerous child professionals have written books about the topic in a bid to makes the process of potty



training easier on both the parent and the child. The three day process may be a bit vigorous at first, but if you do not have months to devote to potty training because of employment or other reasons, then you will find this process to truly be a lifesaver.

The first step to starting this method is to gather your supplies.

What You Need

First and foremost, you will need to get the one thing that is going to get you through this process successful: a simple t-shirt. The t-shirts should be a few that you do not mind ruining or tossing away at the end of the three days. Other than the t-shirt, you do not need anything else.

Yes, you read that right – you do not need anything else, *like potty training pants or a diaper*. Your child will go commando for three days and the operational theory is that since your child realizes that there is nothing to protect them from soiling, he or she will rush to the potty instead.

Essentially, the three day potty training methods advocates for taking away your child's safety net – the safety net being the diaper. It probably would have been best to mention earlier that this potty training method requires resilience and a willingness to handle the messy. On the bright side, it is well worth it.

Praise and Do Not Discourage



As you go through the three days with your child in commando, you should realize that accidents are going to happen and that they are completely natural. The method advocates parents to praise their child along the way instead of criticizing.

Those who criticize will not see results in three days. On the other hand, praise does go a long way in making your child feel comfortable and encouraged with the entire process. Rather than feeling ashamed about having an accident, your child should understand that everything is ok and that they will make it in time to the potty next time. Some parents also keep their child at home for three days, as to

avoid any issues outside or public shame.

Juice, Juice Galore

During this potty training process, parents who are the most extreme tend to see the best results. At this point, you may be wondering what “extreme” means in relation to the three day potting training process. Well, when it comes to the three day process, extremism is buying a lot of juice and drinks and encouraging your kid to drink more than usual.

By giving your child more liquids than you normally would, you increase your child's need to visit the bathroom. While accidents will certainly happen at first, your child will eventually run to the toilet.

Remind Your Child to Go



Children are not as developed as adults and as a result, they may not always realize that they need to go to the bathroom or that they need to use the potty instead of the non-existent diaper.

Throughout the process, it is imperative to remind your child to go to the bathroom. In terms of frequency, most parents find that reminding their child every 30

minutes to every hour is ideal. These numbers may vary depending on your child's personal bathroom needs. If you know in general how often and when your child goes, you should remind them around that time.

Reward Your Child

Rewards are effective in so many instances, including during the three day potty training period. Every time your child remembers to go to the bathroom or at least gets near the bathroom, you should reward your child with a small gift.

The reward will act as reinforcement that a good job was done. In addition, the reward will also lead your child to believe that they will receive a sticker, crayon, or coloring book for every time they reach the bathroom. The three day process does not require you to give a reward every time, the decision is ultimately left up to you.

Nighttime Worries

Every parent who considers the three day potty training process eventually wonders about what happens at night. Well, the bottom line is that if you are not willing to go all the way, then this potty training method may not be best for you. For those who are willing to put up with the evening issues, then you essentially let your child sleep without a diaper or some other crutch.

To prevent messes while your child is in bed, you may want to cover the mattress with plastic and to put the sheet over it. This way, your child will be comfortable and the bed will be protected – just in case.

Summary

Overall, the three day potty training method really is not for everyone. But for those of you who can stomach the process and are willing to go all the way, more likely than not – you will see results.

Also, for further guidance, you may want to ask your friends or family if they ever have used this method. Chances are, someone has and can provide you with further insight into the process and how successful it was.

The Baby Bjorn Potty



For parents looking for a tool to help their children with the potty training process, the Baby Bjorn potty is one of the most popular options out there. The potty is considered to be very sturdy and suitable for any size child while also providing the comfort necessary to ensure your son or daughter enjoys going to the bathroom.

To give you a better idea of what the Baby Bjorn potty has to offer, let's take a look at some of the pros and cons associated with the product:

Pros

As has already been mentioned, the potty is considered to be both sturdy and comfortable. It provides the security and safety that parents are looking for while also providing an experience for your child that is comforting and hassle free.

Another major advantage of the Baby Bjorn potty is the fact that it was built to prevent messes and is easy-to-clean. A lot of the children's toilets on the market today only think about the kids and are not as conscious about providing convenience to parents as well. This product, however, certainly does its job for both the child and the parent.

To help prevent messes, the potty chair has a built-in splash guard and a nonskid bottom so you will never have to worry about your child sliding off it while taking care of their business. The inner potty also helps make sure that you will not have to worry about your child's legs being pinched by the toilet.

Yet another benefit is the fact that the potty chair is visually appealing. It comes in several different colors and features that Baby Bjorn teddy bear logo right on the front.

Cons

The main complaint that customers have had about the Baby Bjorn potty is that the pee guard is not high enough to prevent spills from smaller children, especially boys. It seems as if the best time to use the chair is when your child is nearing their 2nd birthday.

Another issue that some parents have had, although it is certainly not a major one, is the fact that the chair is very simple. There are not many 'bells and whistles' to the product and it does not have a lot of the features that a lot of other modern chairs do. This could, however, also be seen as a benefit as it will not take long for you or your child to get used to it.

The Final Word

Overall, the Baby Bjorn potty chair is a great option for parents who are looking for a simple chair to help their child get started with potty training. While it is a fairly simple product, it has all of the features that are vital to creating a hassle free potty training experience. With the fact that it is also offered a very affordable price, you certainly cannot go wrong with this Baby Bjorn chair.

The Benefits of Using a Portable Seat While Toilet Training

When your child gets too tall for the separate toilet, it is time to start transitioning them to a regular toilet, like the rest of the family. However, even if your child is tall, they may still have difficulties balancing their body on the seat of a standard toilet, without awkwardly positioning their legs. To make toilet training a little easier on his or her petite frame, consider using a portable potty seat at home and while away from home.

Comfort Level

If you are at the beginning of toilet training, convincing your child to use the toilet for the first time can be a battle. Babies and toddlers are used to having regular access to a diaper, which doesn't involve having to sit down. A portable toilet seat is cushioned and shaped to fit a smaller body, making it easier for your child to balance on the existing toilet. By making your child comfortable on your toilet, you make it easier for her to relax and use the toilet instead of her diaper. While a regular toilet seat may be too hard or wide for her to balance on, a portable toilet seat alleviates that worry.

Makes Each Toilet Seat Compatible



Whether you go to the supermarket or a relative's house, it is likely you will encounter a variety of different toilet seats. Some seats are oblong, circle-shaped, wide, or narrow; however, you don't want the shape of the new toilet seat to discourage or deter your child from using the toilet, rather than having an accident in their training pants or underwear. As long as you use the portable potty seat at home as well, bring it along with you when you go somewhere else, making each toilet easily accessible for your child.

Easy Transition

Using a portable potty seat instead of a potty chair helps to easily transition to the toilet when they no longer need the extra support. Though a potty chair is good to use while your toddler is shorter, he will no longer be able to sit comfortably on it after he reaches a certain height. While the toilet may still be too high for him, using a potty seat helps him get comfortable on the toilet until his training is complete. Most seats accommodate up to 75lbs or 100lbs, so he can still use the seat on any toilet until his body is wide enough to not need the extra support.

Encouragement and Confidence

Toilet training your child can be a difficult and stressful time as a parent, since very few public bathrooms cater to your child's stature. The lack of accommodations can

discourage you from going anywhere without putting your child in a diaper, which damages the confidence of a child who is still learning. By bringing along a portable seat, you show your child that they have the ability to use the toilet anywhere, even if you are away from home. Use a portable toilet seat to give your child the confidence to use the toilet anywhere, helping you to get one step closer to a diaper-free lifestyle.

Benefits of Using Cloth Training Pants

Training your child to use the toilet can be the least fun part of parenting, as a whole. Some kids are easy to teach, responding quickly to a reward system to ease themselves away from the diaper. However, you are more likely to end up with a stubborn child, who wants the security of a diaper for their accidents. Transitioning to underwear can help to motivate any child, but you may not be ready for the messes and bleach you need to clean them. Choosing cloth training pants is an excellent compromise for several reasons.

Has the Same Texture as Regular Underwear



Many companies produce cloth training pants, designed with the same cut and fit of regular underwear. The only difference is the method of absorbency. A pair of cloth training pants has a slip inside where an absorbent pad is placed to catch any accidents. While a diaper has to be completely removed and replaced, cloth training pants can be pulled down when your child wants to use the bathroom. Even if your child has an accident, they can keep the same pair of training pants throughout the day.

No Disposal Necessary

Cloth training pants remove the need to dispose of the pants once soiled. By using cloth instead of disposable training pants, you don't need to get a new pair every time your

child uses the toilet or soils the pad. You only need to remove the pad and replace it. Diapers can take up a lot of space in your bags when you go places, but you want to be able to encourage your child while toilet training. The pads needed are similar to the size and thickness of a feminine pad, making them easy to discreetly carry for your child while you are out and about.

Waterproof Barrier

Even if the pad you use is completely soiled, you don't have to worry about the mess breaking through the cloth training pants. Each pair of cloth training pants has a material in them that feels like a blend of plastic and rubber. The barrier prevents any liquid from leaking out of your child's training pants, no matter how much soiling has happened. If the pad does not absorb all the liquid, you can wipe down the inner lining with a damp cloth, or you can throw them in the washing machine with the rest of your laundry.

Giving Your Child Confidence

The key to successfully training your child to use the toilet is by building up confidence. Transitioning from the diaper to the toilet can be difficult for a child, even if they express interest. By using cloth training pants instead of a diaper, you show your child that they are ready to begin transitioning, but they still have protection during accidents. Cloth training pants are easy to use, and they help your child get used to the design of regular underwear. With a little perseverance, you can help your child transition from cloth training pants to underwear in no time.

How to Work Through Training Regression



The feeling that you and your child have mastered potty training is one of the most exciting that you will experience during that stage of your child's development. Mastering potty training means that you do not need to actively worry about accidents, you can ditch the training underwear, and

you can finally let go of the portable potty.

Suddenly though, your child starts to revert back to pre-potty training days. After all the work, you realize that something is wrong and the process has not been a complete success. Most experts deem this time period “potty training regression.”

While the regression period does not happen to every child, it is common enough that you should realize that it is ok. Here are some tips to help you work through regression so you can finally put away the potty.

Check with a Specialist

One of the most common issues with regression is that many parents tend to think that their child is regressing when they really are not. Sometimes, children just have a few accidents in a week because of a particular discomfort or fear. Instead of jumping to conclusions, it is best to reach out to a child specialist and to discuss the matter with them.

If the cause of the accidents is not regression, then at least you can get to the root of the real problem and feel happy that your child has not reverted back to pre-potty days.

Never Let Frustration Show

If your child is experiencing true regression, then the key to getting through it is to never show that you are frustrated or angry with your child. Parents who express negative feelings eventually cause more potty issues. The alternative solution is to remain non-judgmental throughout the entire process. You should work on letting your child feel empowered, confident, and happy about the whole potty training process again. This way, they will be more likely to work through things instead of outright giving up.

The Root Cause

Sometimes, it helps to look for the root cause of the regression. Most children will open up about why they have stopped using the potty. Therefore, it is helpful to have a discussion with your child about what they are thinking, feeling, and experiencing at that particular point.

By going through these motions, you can get a better sense of what the underlying cause is and how to remedy it. You should also keep in mind that regression can be caused by medical issues, so check with your doctor just in case.

Remind Your Child to Go

Lastly, gentle reminders that tell your child to visit the restroom can be immensely helpful during the process. If your child is reluctant, then it may be ideal not to say anything and to just guide your child to the restroom around the time that he or she would normally go. By taking this step and those above, you and your child can overcome potty training once and for all.

Help Your Child Ace Potty Training: Top Tips



Regardless of whether you are a first time parent or already have a growing family, potty training is always a challenging and time consuming process. Since every child is different, each child has their temperament toward the entire process. A

At the end of the day though, as a parent, your goal should be to make the learning process easier for the both of you. The sooner your child learns to use the restroom, the quicker you will feel at ease not only at home, but when taking your child out. If you are ready to ace potty training, here are some tips from the professionals to help you along

the way:

Invest in Potty Training Specific Underwear

Potty training accessories are an invaluable part of the potty training process. The more accessories you have, the easier the process will be for you and your child. Most parents smartly invest in items like a portable potty and an at home potty so their child feels comfortable both at home and in public. In addition to a potty, you should purchase training underwear.

Underwear for training is shaped much like traditional underwear. The difference is that the training version is absorbent, it can be washed, it dries quickly. Another useful feature is that underwear for training can be worn in public without the fear of accidents and leakage.

Training undies also comes in numerous types of styles and fabrics. Your child will love the array of prints and colors, which will also make them feel happier when wearing the underwear.

Never Push Your Child

During the potty training process, it is easy to get frustrated with your child when you are not seeing the results that you want. You should keep in mind though that every child is different and that they will learn in their own pace. Instead of pushing your child, it may be better to encourage them gently and to offer them small rewards for successes.

Your child will also notice your patience during the process, making them more comfortable and likely to learn.

Prevent Embarrassments and Shame

As your child has small successes, they will feel proud of their accomplishments. However, as you may well know, accidents do happen and they can occur even after a great deal of progress. The best way to respond to accidents is to ensure that your child realizes that there is nothing to be embarrassed or ashamed about. Once your child starts to feel embarrassment and shame, they will then become more reluctant to use the potty and may give up potty training altogether.

Instead, approach accidents with an open mind and tell your child that it happens and that it is ok. By comforting your child, you will be able to help them through the process in a gentle and easy manner. You will find that the more positive you are through the process, the more your child will feel happy, encouraged, and open to learning.