Adore Them

Tips & Tools to Solve Parenting Problems

POTTY TRAINING

GENTLE POTTY TRAINING TIPS

12 simple & gentle strategies that Shari used to potty train her own kids.

POTTY TRAIN IN A COUPLE DAYS

Methods that Karissa used to potty train each of her children in only a few days.

POTTY TRAINING PRINTABLES

Print out a potty training chart & a potty training certificate to help.

YOU KNOW YOU'RE

POTTY TRAINING

WHEN THERE'S A

TOILET

IN YOUR KITCHEN AND

SNACKS

IN YOUR BATHROOM

TRUST US...

WE'VE BEEN THERE

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Shari Medini

ADORETHEM.COM

Parenting is gross. You learned that the day that your baby was born, and it hasn't slowed down since then.

Luckily, once you get past this epic milestone of potty training, you don't have to do the dirty diaper thing anymore!

So sure, the process of potty training isn't always a pleasant one; but it certainly doesn't have to be miserable.

With these tips and tools, we'll help you get to the other (diaper-free) side of this milestone without frustration.

Enjoy this Parent Pack! And be sure to check out more resources on our website: AdoreThem.com

12 METHODS FOR

GENTLE POTTY TRAINING

Potty training can feel daunting when you're approaching that stage of development, but I hope after reading this post, you'll have some practical tools to help you to the other side of potty training without too much stress! Between potty training both of my boys, I feel like I have a few pointers for fellow moms that are trying to potty train their little ones. And all of my methods follow a natural, gentle, simple potty training approach that does not include rewards or punishments.

PLAN AHEAD

Don't potty train in the middle of a busy week. Try to pick a time where you can stay home & really focus on potty training for a full week. You don't have to stay home at all times, but try to minimize the time out & about to increase the chances of success.

ONE THING AT A TIME

Don't get overzealous. My potty training methods are all about keeping things simple. No places to go, no pants to pull down, no flushing, no hand washing (you can use hand sanitizer though). Let your child focus on the hardest part of potty training – listening to their body; and then you can build skills from there.

THE POTTY MATTERS

Not all potties are created equal. And this is especially true for boys! I learned this the hard way after my initial potty purchase, and immediately set out to find a better one.

Some potties have bowls that are too tiny, some have lids that shut accidentally while your child is sitting there, some play songs that scare kids (while others like the songs).

NAKED METHOD

Let your child run around naked. The fewer steps that they need to take to go potty, the better. In the beginning stages of potty training, my boys never told me that they needed to go. They just ran over & sat down. Eventually we introduce pants & then underwear under the pants; but since that introduces an extra step of having to take them off, we skip that in the beginning. Being naked also helps get your child in touch with their body, the physical sensations, & the results of those sensations. They will learn quickly!

KITCHEN ACTIVITIES

Since your kiddo is running around naked, it might be best to try to plan a lot of activities in the kitchen (where you have a floor that is easy to clean). Play Doh, books, racing cars, sensory boxes, puzzles, etc – anything can be played in the kitchen.

ENTERTAIN THEM

Little ones do not want to have to stop playing & sit still. Make going potty a fun experience – especially if they're working on number two. Have books to read, stickers to put on their hands, or a tablet to watch a video on. Some children love having company while they sit there, while others want to be left alone – you know your child best.

Let your child focus on the hardest part of potty training listening to their body

/ SHARI MEDINI /

RIGHT AMOUNT OF PRAISE
Again, you know your child best... some kiddos love being the center of attention while others prefer to go unnoticed. I tend to tell my kids how proud I am of them, give them a high five, & then we move on. A more matter of fact approach seems to work for them since going potty is a potentially embarrassing thing already.

PLENTY OF LIQUIDS
You can get some favorite juices for your child to guzzle down to make sure that you get plenty of potty practice in the beginning. Just be sure not to give them so much that they are having to pee every five minutes & getting frustrated with it.

TRUST THEM
Many people advise that you set timers or try going potty on a set schedule, & that might work for some kids. But my boys love to independent & reminding them to go potty all the time would frustrate them & lead to defiance. Instead I potty train at a time where I trust that they can understand the physical sensations of needing to go to the potty, and I trust that they will try to get there.

GENTLE REMINDERS
Of course, if I see them doing the pee-pee dance I will remind them to go. Or if it has been a while, & we are transitioning activities, I will give a small direction like, “Go potty first, then we will get out Play Doh.” Also, if your child does have an accident, don’t make it a huge deal. Give a calm reminder that pee & poop go in the potty, & then clean things up calmly.

TRANSITIONING TO CLOTHES
Many people are quick to stick their kiddos in underwear during potty training, but I have found that this does not help the process. Since we do naked potty training, I transition slowly to underwear by letting my boys wear pants without anything underneath I have found that even underwear in the early stages can feel too similar to a diaper & end up causes accidents.

TRAVEL POTTY
Eventually you will have to go out & about, & this travel potty has been a lifesaver for us! It folds down easily & comes with disposable liners that are perfect for road trips, days at the park, or “emergencies.”

What it really comes down to is following your child’s lead. Listen to them, and let them listen to their own body. Potty training doesn’t have to be a dreaded experience; it can be a chance to connect & be proud of your child for learning a new skill!

STRATEGIES TO

POTTY TRAIN IN A FEW DAYS

One morning, our youngest woke up and informed me that he would no longer be wearing a diaper. I was not ready to begin potty training, especially with a long road trip coming up, but I didn't want to miss the opportunity, so we were off to find some big boy underwear.

I am a mother to three of the worst sleepers! They all three still wake up several times every single night, and none of them like to sleep in their own bed alone. But, maybe because God took pity on me for having such difficult reflux babies, and non sleeping children, he gave me some of the easiest kids to potty train – and for that I am SO thankful!

So I don't know who deserves the most credit, God, my motivated children, or me and my little tricks, but together it all seemed to work.

To be honest I don't know if I am qualified to share what I think helped my kids (because who knows if it even worked), but incase any of this did the magic, I thought I'd share what we did to potty train three times in a row.

THE CHILD HAS TO BE READY

I understand that every parent eventually hits a point where they are done with the diapers. But, I know through other experiences, that it is very hard to train a toddler something new if they are not ready. And, it's very frustrating when they just simply refuse. I know most kids don't wake up like my boys each did and state that they are now ready, but if the child is not showing signs that they are into using the big throne, then I think we need to be careful about pushing for both their sake and our own sanity.

SET THE STAGE

With our daughter it started in baby steps. First I bought a book about big girls using the potty and bought a little toilet that I placed in the family room. For about a week she would sit on it as we read books, and she would set her dolls and stuffed animals on it (I promise it was clean and unused). Next we moved it into the bathroom and I would encourage her to try to use it whenever she woke up, or before a bath as I started running the bath water. We also had fun buying some new big-girl underwear that she eagerly helped to pick out. Once she seemed comfortable with the potty and had used it a few random times, I picked a week and cleared our schedule.

The first morning we woke up she put on her big girl underpants and we made as big of a deal about this as we possibly could! And that first day she had 12 accidents, but I stayed positive in front of her, and the next day she had only 6.

... it is very hard to teach a toddler something new if they are not ready.

By the third day she was doing great and we even left the house on the 4th day for a small amount of time. Since we picked the Easter break to do this, it gave us a full week to focus on just potty training before returning to preschool. And when she did return, she did really well!

REMAIN PATIENT

Potty training can be very frustrating, especially when they are leaving puddles everywhere! But you have got to remain patient and positive. In this case positive encouragement works best! It takes awhile for a child to train their muscles to hold it. As my kids would start to pee down their leg I would say "Quick, try to hold it" while rushing them to the potty. Usually they couldn't for the first day or two, but it was informing them what the goal was. As I cleaned them up, and the trail they left behind, I would ask in the nicest voice possible "Doesn't that feel yucky on your legs? That's why we want to try to make it to the potty. But Mommy is so proud of you for being a Big Girl!"

STAY DEDICATED

It's easy to give up. Like I said, the first day I potty trained my daughter she had 12 accidents and I cried (but of course not in front of her). The second day 6, and the third day almost none, and after that she was a champ! For both my boys it was even less of a mess. Each of them woke up one morning and decided on their own that they were doing this, they were really ready (I think it helps having an older sibling(s)). But, if at any point I would have said it was too much to deal with and put them back in a diaper, I'm sure it would have only crushed their spirit and in the end made the entire milestone a negative one.

Obviously if an unfortunate circumstance presents itself you may need to go back to the diaper. But just understand that you now are running the risk of confusing them, and losing any of the progress you made. So once you commit to putting on the big kid underwear, I strongly encourage you to just stick with it!

GO STRAIGHT TO UNDERWEAR

First, let me clarify, underwear during the day, diaper or pull-ups for sleeping.

For some kids it takes years for them to hold it in their sleep. It took our daughter only a couple of months, but for our one son it took over two years. But I highly recommend underwear for during the day from the start. For our daughter I tried pull-ups for a few weeks with no luck. Once I switched to underwear she trained in 3 days. I have since done a lot of reading and it seems that the underwear, or even no underwear, works best. Yes, there is more of a mess to clean up, but kids really do not like the feel of pee running down their legs. They very quickly learn to use their muscles to stop the flow which eventually turns into holding the urine all together until they can make it to the potty. Which is why you need to expect accidents and allow them these feelings to properly learn the steps. Pull-ups or diapers do not allow for these experiences and will make the entire process take much longer.

OFFER REWARDS

For my daughter we set up a sticker chart. Each time she went she got to put a sticker on the page, and when a row was filled up she got a lollipop. Our son Carter decided he was ready one morning shortly after we had just had our third baby. I was in no way ready to deal with Potty Training while caring for a newborn, but not wanting to discourage him I chose to follow his lead. Because I was unprepared we never got a special boy potty or book, and he never got a reward chart either. But my daughter's old Tinkerbell potty seat on the big potty and a few M&Ms I had on hand did the trick and within a couple of days he was all set.

OCCASIONAL SETBACKS

From time to time there may be an occasional set back. Maybe if your child gets sick, goes through a difficult situation, you go on vacation, or if he/she just gets too distracted playing, they may have an accident. But it's just that – an accident. And it's OK. It's normal. Just stay positive and go back to the basic talks that you started with. I've read that in some cases children can still have challenges up through age 10. Their bodies are still growing and changing. Obviously if you are ever concerned speak to your doctor. But please, for the sake of the child, try to remain as positive as possible!

Eventually it will click and eventually they will learn to use the potty. Like my wonderful pediatrician always says "they wont go to college like this." Eventually they will be done with diapers.

So for all you mamas that have been through this – great job!!

And for all of you about to embark on this adventure...
Best of Luck!! Just don't give up, stick with it and remain positive!

PRINTABLES

ON THE NEXT TWO PAGES YOU'LL FIND FULL-PAGE PRINTABLES FOR YOU TO USE

SIMPLY CLICK PRINT, SELECT THE PAGES THAT YOU WANT, AND ENJOY!

BE SURE TO VISIT ADORETHEM.COM/PRINTABLES FOR EVEN MORE

MY POTTY CHART

Name: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Great Job!

Way to Go!

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I DID IT!

Child's Name

Is now a Big Kid and is officially Potty Trained

Congrats From

Adore Them

Adult Signature