



POTTY TRAINING 101

A Crash Course for Anxious Parents

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Are you feeling overwhelmed by the prospect of potty training? Do you worry that your child won't be ready for preschool or kindergarten? You're not alone. Many parents face these fears, but the good news is you have the power to make potty training a positive experience. And I am here to guide and support you through this process.

- You are discouraged and beaten down by the endless accidents and setbacks.
- Understandably, you're concerned about choosing the right method. While it is normal, you are overwhelmed when even trying to figure out where to start.
- The absolute last thing you want to be doing is spending tons of money on diapers each week.
- Carrying around a diaper bag everywhere you go is undoubtedly exhausting and at times awkward and distressing.
- It's understandable if you're slightly embarrassed that your little one is not potty trained yet.

Do not stress, I am here to help!

This guide is your first step toward successfully transforming your potty training journey. With practical advice, proven strategies, and a touch of patience, you'll navigate this phase with confidence.

Step 1: Understanding Readiness

Signs of Readiness: Explore the physical, cognitive, and behavioral signs that indicate your child is ready for potty training. These signals range from staying dry for longer periods to showing interest in the bathroom and telling you when they need to be changed. Understanding these signs will help you identify the perfect timing to start.

Mental Preparation: Delve into the importance of mental readiness for both parent and child. Both of you need to be in the right place for this to work with ease. Setting realistic expectations and fostering a positive mindset can significantly impact your potty training journey.



Step 2: Choosing Your Approach

Potty Training Methods: Everyone believes their method is the best method. The truth is there is NO perfect method for all people. It is your responsibility to decide which method fits best with your parenting style and which method your child will be most receptive to. You know your child better than anyone else, so do not listen to other people's opinions!

Customization: Do not put too much pressure on yourself! We can adapt every step as needed to best meet the needs of you and your child, and I will help you with this! From adapting strategies to fit your family's schedule to modifying techniques based on your child's preferences, personalized potty training is the key to success.



Step 3: Setting the Scene for Success

Creating a Positive Environment: Create a welcoming and encouraging bathroom environment. PRO TIP: Get rid of anything that has eyes on it (No one wants anyone looking at them when they poop). Add fun to the bathroom space with your child's favorite books and interactive potty training tools.

Tools of the Trade: Purchase essential tools and resources that will set you up for potty training success. From potty chairs to step stools, to stickers and M&M's, you will need all the things at your disposal.



Step 4: Overcoming Common Challenges

Accident Management: Your child will have accidents. Lots of them. And that is exactly what you want to mentally prepare yourself to expect. Equip yourself with effective strategies for managing accidents with grace and patience. Remind yourself to stay calm and implement a consistent, quick cleanup routine. Make sure to include your little one in the clean up process.

Consistency and Patience: Consistency and patience in potty training is necessary. Predictable routines and clear expectations will help you and your little one thrive. Check out our facebook group, Puzzled Parents Unite:

Potty Training Edition

<https://www.facebook.com/groups/puzzledparentspottytrain> for strategies to help yourself stay patient.

Step 5: Celebrating Success

Milestones and Rewards: Explore creative ways to celebrate your child's potty training milestones and achievements. From creating a special potty training chart (or use one of our freebies) to planning a celebratory outing, make each success a memorable and rewarding experience for your child.

Building Independence: Foster independence and confidence in your child as they progress through the potty training journey. Empower them to take ownership of their bathroom routines as well as praise their efforts and achievements. Your goal is to instill a sense of pride and self-reliance in your child.

- Imagine feeling confident and prepared, watching your child achieve this significant milestone with ease.
- Envision saying goodbye to diapers and hello to a new stage of independence and growth for your child.
- Imagine never spending money on diapers again
- Picture never having to lug around that heavy diaper bag
- Visualize having endless freedom!

Meet your Potty Training Professional

Joanna is a passionate and experienced potty training professional, dedicated to supporting parents through one of the most challenging yet rewarding milestones of early childhood. Joanna has over 30 years of experience potty training the most resistant of toilet trainers.

Joanna is well known for being an exceptional art therapist who specializes in working with children and families. She is constantly thinking outside the box to develop practical tools to help her clients. Joanna intentionally created a group practice to best support the needs of families in her area as there was a tremendous lack of services and support. With her extensive background in art therapy, child development and behavioral science, Joanna recognized that effective and realistic potty training support was impossible to find, and what was out there did not leave parents feeling supported in the process. Consequently, Joanna created The Puzzled Parents Potty Training Protocol. Her remarkable program combines practical strategies with a compassionate approach to empower both parents and children on their potty training journey. Over the years, Joanna has Potty Trained 100's of kiddos all while fostering a positive relationship between parent and child

BOOK A CALL WITH ME

Are you ready to embark on a successful potty training journey with your child? For personalized guidance and support, book a call with me. I will ensure that potty training becomes a rewarding experience for you and your child. You got this! And I will be with you every step of the way!

