

# Potty Training

**T**rust me, this works; I've heard too many success stories.

## The hardest things about it are

- Your parents / in-laws won't agree.
- You don't have to do anything.
- It goes against society norms / expectations.
- Your child may be "behind" his / her peers (but not really)
- You don't have to do anything (it's worth saying it twice!)

## Here's what you "do"

### Enjoy the diaper.

Convince your child that the diaper is your best friend. Remember, 2 and 3 year olds are oppositional, i.e., reverse psychology works on them.

### Make the potty the prize.

"If you're really good today, maybe I'll let you pee on the potty before your bath tonight." Don't make it something you will pay for.

### Don't become a "potty hostage".

Hang around with a kid who's "freshly" potty-trained in the "old school" method. Go to the mall. Count how many times Mom has to take the kid to the bathroom. Count how many times it was a "false alarm". Thank God you're not a "potty hostage", one whose whole life can be brought to a screeching halt by the words "I need to go potty".

## My theory

Children have a daytimer or calendar or "palm pilot" in their brain and on this device is a date: the date they will be potty-trained. The real thing, not you being trained to watch and interpret their subtle signals and run at breakneck speed to the nearest potty yelling "HOLD IT". When this day arrives in your child's brain, if you have not made too big a deal about how much it would mean to YOU if your child becomes potty-trained, he/she



will come to you and say "I don't need to wear a diaper anymore. I'm a big boy/girl". You'll say, "Are you sure?" Your child will then begin to be able to pee and poop on the potty, with no accidents to speak of, regardless of how little effort or warning has gone into it. This is where we really see the "will vs. skill" issue in real life - your child could have done it "physically" a long time ago, but today is the day

he/she decided to do it. It will likely be closer to 3 than 2 years. It will happen similarly in regard to tying shoes and riding a 2-wheeler without training wheels.

It is best if this happens before you've even considered trying anything, because basically all you can do by trying is mess it up. You may even delay that date on the calendar by triggering that oppositional part of your child.

Be excited, really excited, that your child has potty-trained herself/himself. Tell everybody. It will make your child look good to others and instill a sense of "I did that" in your child that's destroyed when expectations are set high and parents are disappointed in the child's failure. Set your sights low and be delighted by the little (and big) things, rather than high and be continually disappointed.

[2009] The average age for a girl to potty train is 35 months. The average age for a boy to potty train is 39 months.