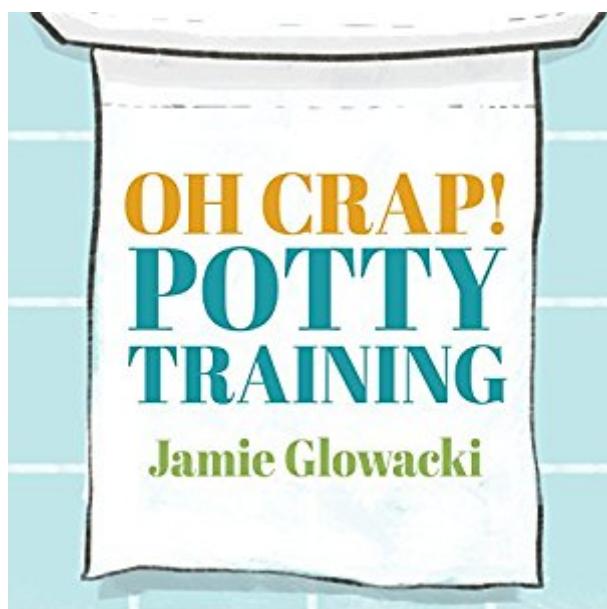


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# Oh Crap! Potty Training: Everything Modern Parents Need To Know To Do It Once And Do It Right



## Synopsis

Let Jamie Glowacki show you how potty training is done. Her six-step, proven process to get your toddler out of diapers and onto the toilet has already worked for 10s of thousands of kids and their parents. Here's the good news: your child is probably ready to be potty trained earlier than you think (ideally, between 20 - 30 months), and it can be done faster than you expect. If you've ever said to yourself: How do I know if my kid is ready? Why won't my child poop in the potty? How do I avoid "potty power struggles"? How can I get their daycare provider on board? My kid was doing so well - why is he regressing? And what about nighttime?! Oh Crap! Potty Training can solve all of these (and other) common issues. This isn't theory, you're not bribing with candy, and there are no gimmicks. This is real-world, from-the-trenches potty training information - all the questions and all the answers you need to do it once and be done with diapers for good.

## Book Information

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## Customer Reviews

This is Ted's wife writing this just FYI. So here goes: Yes. Just Yes. This book's methods were extremely successful for us with our almost 2 1/2 year old son. I read it over the course of 2 weeks, but I didn't just read it. I took notes, highlighted and made myself practice lists and reminders to put on my fridge on the day we started (I know). It really gives you useable, easy to understand advice to teach your child. I think to be successful with it, as Jamie states several times, you need to commit and have confidence that your child can do this. We ran into the dreaded fear of pooping on the potty on the second day. I looked for guidance and found it on Jamie's website and via email. She has a great series of You Tube videos as well. Her suggestions on the videos and in the book

helped us to get over the poop hump and I am happy to say that on day 8 of consistent, committed and calm potty training, we did it! I definitely think that this method could be tricky for parents who don't have the ability to be home for 4 or more days with their child, but if it is at all possible to take an extra day off of work, it is totally worth it to give it a go! Also, wine. The End.

The daytime potty training worked ok, but the nighttime training section was BS (as in, the author wasn't lying, she was just making stuff up without regard to the truth). The author's method of waking up the child multiple times per night is worthless. My own son was day-time potty trained and I decided to try the nighttime training process described in the book when he turned 3. I set alarms for myself to wake up my son and have him go potty. Over the course of several nights, he either wouldn't go potty, or had already peed himself and was happily sleeping in his pee. The method seems to assume that the child will go at the same time every night, but this doesn't really make sense, because it depends on a lot of factors like how much the toddler drank in the evening and when they drank it. My son certainly wasn't consistent. Since things weren't adding up, I decided to research the matter further. I found a multiple-study analysis by the NIH, which determined that parent-initiated waking of a child at night had no effect on long-term nighttime dryness. ("Nocturnal Enuresis: The Management of Bedwetting in Children and Young People.") Nighttime training seems to depend on a child becoming aware that their bladder has filled, which they won't really learn when it is someone else waking them up. In the nighttime section, the author claims that "The bladder is being developed at this age, and if it develops fully without the practice of holding and consolidating, those muscles will atrophy, and you will struggle indefinitely with bedwetting." This is complete nonsense because the same muscles are used for daytime and nighttime, so if they are day trained, their muscles aren't going to atrophy for nighttime use. I tried doing a search for any research on this claim, and there is nothing to back it up. In sum, the author just makes claims because she believes them without actually having research to back it up, which makes her an untrustworthy author.

As with any parenting book, this one has its pros and cons. When I first read it, I didn't mind the dismissive, humiliating tone. I had a toddler in the "window" the author deems appropriate and I was reading this book, so I was obviously doing everything right from the start. The problem is the author sets you up for success if you follow the rules, but when you fail at part of the process you a) feel like you've royally messed up and b) don't get a lot of in depth information on how to get back on

track. This is a very emotional process on its own, but I feel like the author's tone does not help ease any of the anxieties that come with potty training. I cannot speak for the nighttime process yet (although from the sounds of it, I think we'll just wing it and ignore the author's advice), but the day-to-day potty training process can and does work. While we had lots of issues crop up, my daughter eventually "got it" after 1 full week of training. The things I liked about this book were the clear and concise plan that was laid out. I also really appreciated the author's stance on not giving up and saying your child isn't ready when things get hard. Your child is not going to magically potty train themselves. It is going to be a frustrating process, but they WILL get it. Going back and forth between diapers and the potty is confusing and not at all helpful. During our process, I had many people tell me that maybe my daughter just wasn't ready and I should try again later. This book helped me combat that idea. First, I was NOT interested in re-living the potty training process over again (did I mention it's HARD?). Second, my child displayed all the signs of readiness before we started and I KNEW she was capable of learning something new. The book helped me put my foot down and stick with it, even when it was miserable. I also really liked the idea of not giving rewards for going potty. My daughter responded wonderfully to praise and we invented our own little celebration song because of it. Even now that she goes regularly she gets very excited about it and is SO proud of herself. I love that she did not need a sticker or a piece of candy to know she was doing a good job. The things I did not like about this book were the set age window for which to potty train. My 27 month old showed all the signs of readiness, but the author suggests she would have been just as ready as early as 18 month old. My daughter communicates well for her age, but even with that I can't imagine explaining and doing this all at 18 months old. And with the age window ending at 2.5 years, I felt like the odds were stacked against us with every minute that passed and she was not potty trained. Never mind the fact she makes it sound like, if your child isn't getting it, it is 100% your fault. The chapter on daycare is particularly depressing and set me up to believe my daughter's school was going to be difficult to work with. They were not. In fact, they were our biggest cheerleaders during the process and continue to champion my child (as they should.) To suggest to someone that, if their daycare does not comply with all the rules in this book, you should move your child to another daycare is insanity. Your kid is having trouble potty training, so why not uproot their entire day-to-day life and see how that goes? Horrible advice. Basically, the general tone of this book creates so much anxiety that I can see why so many parents are turned off by it. There were many troubleshooting suggestions that were simply the cliff's notes explanations of how to deal with issues. Some of them state the obvious but give you no real solution. For instance:-Prompt, but don't OVER prompt your child.-Your child does not get a choice about sitting

on the potty, but don't turn sitting on the potty into a punishment.-If your child is misbehaving during the potty training process, it is okay to discipline them as you normally would, but don't ever punish them in regards to the potty.Also, the author mentions a Facebook group to commiserate with experts and fellow parents. There is not one; just a page for the book that posts some teaser blog posts and directs you to the book itself. I suspect if you really want that kind of support, you'll need to pay their consultants to help you.All and all, this book has some great tactics and can really help you potty train your child. Just be prepared to roll your eyes a lot at the author's tone and her anecdotes about all the amazing things she does for her own child (controlled diet, progressive schooling, etc.) that don't necessarily fit into most people's reality. If she would just stick to the facts, this would be a lot shorter book and I suspect more people would follow through with its teachings.

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