

We're so excited to have you come to our preschool soon!

IS YOUR CHILD POTTY TRAINED?

If not, please read this:

From the Director: All children must be potty trained to attend our preschool, so please help your child be fully potty trained by no later than the end of June. This means that by the end of June, your child should be able to pee and poop on a normal-sized potty (we don't have little potties or inner toilet rings at preschool) and be wearing underwear, not diapers or pull-ups. This "[Parenting](#)" magazine article works wonders. Good luck!

How to potty train in 3 days!

When it came time to potty train my son, I waited for him to tell me when he was ready. And he wasn't ready to take his "pee-peeing" by storm until he turned 3. I trained him using the 3-Day Potty Training Method. If you're a working mom, like me, I suggest you take off Friday and bang this out in a long weekend. Why? Because you need to quarantine yourselves in your home—or in my case (cringe) small apartment—for three entire days, no exceptions.

"The parent(s) needs to know that it will take work and you have to dedicate a full three days to the child. This means giving up 'me' time. You won't be cooking, cleaning or visiting with friends—or 'Keeping up with the Kardashians.' You will seriously be spending all waking hours with your child for three days," says Lora Jensen, author of "3-Day Potty Training."

And, she says you must plan ahead: "Have your shopping done and meals prepared ahead of time. Do the laundry and clean the house prior to starting. Be ready to play games, color, watch cartoons and just enjoy some bonding time with your child." It's not a bad idea to arrange playdates out of the home for older kids, too. Make this mission about your soon-to-be potty pro.

What You'll Need

Pick up a few T-shirts that will cover your kid's private area. Why? Your child will be going commando for three days—at least mine did (and he loved it). The theory is if he knows the diaper isn't there to catch the pee or poop, it should click he needs to get his bare butt to a potty. But if that makes you uncomfortable, Jensen says using undies with no pants is OK, too.

"We do not put pants on the child during the training process because we want to be able to see when they have an accident," she says.

Speaking of Accidents...

"Accidents will happen; that is part of training. Children learn from having those accidents," says Jensen. "The 3-Day Potty Training Method is against punishments

during training. You will clean up the accident and simply encourage them to make it to the toilet next time. Praise goes a long way."

Stock Up on Drinks

I'm a rebel, and my kid drank juice when he was 2 and 3, so I bought a bunch of reduced sugar juice boxes. Encourage your kid to drink more than usual. This will obviously cause your kid to have to pee, and that's what you want—that feeling, that urge.

Gentle Reminders Work

If your kid doesn't go after sucking down a juice box, remind him to go. And when he says, "no"—and he will!—tell him to just try. Remember this is training, not game day. You're his coach.

Prizes Are Important

I hit up a local dollar store for incentives—M&Ms, stickers, crayons, coloring books and action heroes. (They can get a small prize each time they successfully pee in the potty, and a larger prize each time they successfully poop in the potty.)

A Surprising Potty Training Product

Bath mats have rubber bottoms and can serve as a barrier between an accident and your couch or rug, because you don't want to make a huge deal of an accident. Just clean him up and move on.

But What about Day vs. Night?

"You will be training for both day and night. Training for both at the same time keeps the child from getting confused...If you train for both day and night, you eliminate the crutch or feeling they can just go in their diaper or pull-up," Jensen says. Basically, go big or go home!

Got it? OK, here's how to potty train your kid in three days:

- When your child wakes up in the morning, change his soggy diaper and bid farewell. Have your kid throw the diaper out and say "bye-bye."
- Change your kid into one of the oversized T-shirts you got and explain there is no diaper to catch the pee-pee or poop, so he has to put it in the potty.
- Give your kid breakfast and an extra drink. Afterwards, lead your little one to the potty. It should be a successful trip after all those liquids.
- Go on with the day, but remember, no leaving the house for three days. Play, read, color and watch cartoons.
- Have a constant sippy cup of water at your kid's reach. Just like crate-training a puppy, walk your child to the potty every 15 minutes, all day long for three days.
- Cut off all liquids and snacks after dinner, then go potty before bed.
- Wake your kid up halfway through the night to pee. (Yes, set an alarm.)
- Repeat for the next two days.
- Don't get upset about accidents. They're not a big deal. Don't react.

After 3 days, keep it up! Add underwear and loose-fitting (elastic-waist) shorts/pants. After your child is a rock star on the little potty, begin using the big potty (no inner rings) with a stool. Don't forget to also take trips out of the house and use different potties.

Dear Reader,

This article is by a mentor of mine Joy Anderson. I have a few edits as a Child Development Specialist. Please do not use a baby potty. It's just a cheat and it is not the same for their brains. Tooth brushing stools work great as a helper to get up to the potty, or a grown up can help. I would also let them wear underpants during the day. If you are worried about furniture just let them "have picnics" on the floor with blankets etc. Yes, it means more laundry but it helps provide the sensation of their pants getting wet and warm then cold and that is all information the brain needs to make better connections, faster. Lastly, leave the house if you want! Just take an appropriate amount of changes of clothing for how long you will be out and about. Be prepared to stick to the timing intervals you are using. When I was in the thick of it- that meant an outfit for every half hour. Why are we leaving the house? Because setting a routine for their body to go to the bathroom before they leave should be learned at the same time- not after. Just like the upper and lower case letters should be taught at the same time, rather than upper case first and lower case later on. It all comes back to neural pathway creating and it is a crucial factor! At the end of the day not all these tips may work for your home life and schedule. The important thing is to ditch the pull ups and diapers during the day- as soon as they wake up. Commit to having them try to use the restroom on set intervals such as every half hour. Then every 45... and so on to extend capability. And above all- reach out for moral support!

We hope you find some help with your potty training venture in this article and Ms. Kara's added input from 20 years of experience in the Child Development field.

Please reach out with any questions, moral support or anything else and good luck!

-Learning for Life Education