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Potty Training Resistance

By Diane Ball

Potty training, unfortunately, comes at a time in life when a child is learning to be more independent. Known as the 'terrible twos', your toddler may resist potty training altogether, dirty his or her diaper for spite, act differently about the toilet for different caregivers, and generally cause potty training to be a hassle for parents. However, don't despair, potty training can still be accomplished even if this is the case, if parents remain calm and understanding and make potty training a fun activity.

First, be sure your child is ready and establish a potty training routine with your child. These two steps are the basis for quick and stress-free potty training. However, many children will still resist, so you are not alone if you are often faced with a screaming child or one who is learning early to talk back (good luck with him or her as a teen...). Refusing to potty train can be simply frustrating, or it can have real health consequences if they chose to 'hold it' for long periods rather than use the potty. Remember to consult your paediatrician if resistance continues for a long period of time.

Rewarding your child is an appropriate step in the potty training process, and one that will possibly make your child less resistant. Have him or her help choose the prizes. For example, visit the local toy store and purchase some new items that your child may not have until he or she meets certain goals. You may also wish to talk to your child about what he or she cannot do without being potty trained (staying the night at grandma's, going to school, visiting friends, etc). Motivation is the key to successful potty training.

Talk with your child if he or she is normally well behaved, but extremely resistant to potty training. Perhaps your child is scared of using a potty seat. Have him or her use, instead, a small potty chair and decorate this chair with stickers. Some children, for example, are scared of the flushing noise a larger toilet makes. Wait until your child leaves the room to flush, or have him or her flush the toilet themselves, both when they use it and at other time in the day, simple to get used to the idea. You may also wish to have your child watch while you, older siblings, and family members use the toilet to show your child that it is not scary.

Punishment is appropriate when your child knows that he or she is acting inappropriately. For example, if he or she won't let you change his or her dirty diaper, even though they have been previously telling you when they have to go, you may wish to punish your child. Also consider punishment for

inappropriate behavior such as hitting or throwing temper tantrums.

Punishment is not appropriate for accidents, on the other hand. Remember that your child may simply not know he or she had to use the toilet. Even with older children, accidents sometimes happen, especially with urination during play as they get distracted until it's too late to make it to the toilet. Try to be understanding about this so that your child does not continue to resist using the toilet.

There are many tools on the market to help make potty training fun. If you make it a fun activity, your child will not be as resistant, and the process will be much faster. Use a variety of games, songs, and activities to teach your child about using the potty and remember that each child is different and will learn toilet use at a different pace.

Diane Ball has an interest in Potty Training. For further information on Potty Training please visit <http://www.painlesspottytraining.com/potty-training.html> or <http://www.painlesspottytraining.com/blog/2006/10/17/potty-training-resistance/> .

Potty Training Dolls – Are They Useful Potty Training Your Child?

By Susanne Myers

Potty training dolls are advertised as the latest and greatest tool to help your child learn how to use the potty. These special dolls can be a good tool to help your child understand what potty training is all about, but are they really necessary? This will in part depend on both you and your child. Before you decide, read on to find out what potty training dolls are, how they are used and in what case they can be helpful in toilet training your little one.

A potty training doll is a special doll that can drink and then pee. It usually comes with its own little potty chair and some training pants. The doll also has a little zippy cup or bottle to drink out of. After the doll drinks, the water will come out the other end, preferably while the doll sits on the potty chair.

That all sounds well, but how can this toy help you toilet train your toddler? When your child is starting to show interest in using the potty, you give him the doll and explain how big kids use the potty instead of using a diaper. Start by letting your child feed the doll the water, and have him set the doll on the potty. Then the two of you can watch the doll tinkle.

The next step is to ask your child if he would like to pee in the potty, just like the doll is doing. After he has practiced with the doll a few times, sitting on a potty and tinkling in it doesn't seem quite a scary and he'll be ready to give it a try. This can happen as quickly as after the first time you used the potty training doll, or take a few days. Just keep trying and do your best to at least have your child sit on his potty next to the doll. Sooner or later he'll get it and tinkle right alongside the doll.

The final question is: Do you really need a potty training doll? A lot of toddlers are interested enough in using the potty that they do not need a potty training doll. But if your little one seems a little afraid or just isn't very interested in using the potty, a potty training doll can be a useful tool. In those cases, getting a potty training doll is a worthwhile investment and can make the process of toilet training your child much faster and easier.

For more potty training advice visit <http://www.mypottytraining.com> and sign up for our free potty training ecourse.

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