

TOILET TRAINED FASTER – THE 'TLDR'

BEFORE YOU START

Is Your Child Ready? (Need to be ticking off most of these)

- ☐ Stays dry for 2+ hours
- ☐ Aware of wet/dirty nappies
- ☐ Follows simple instructions
- ☐ Can pull pants up/down (with help)
- ☐ Shows interest in toilet
- ☐ Communicates needs

Not ready yet? Wait a few weeks. Starting too early = frustration for everyone.

What You Need:

- Potty or toilet seat + step stool
- 15-20 pairs underwear
- Cleaning supplies
- Multiple outfit changes (do laundry before training)
- Reward system (stickers, stamps)
- Decide as parents on what language to use
- For Boys: decide as parents to teach sitting or standing first

Block 3 full days at home. No outings, no distractions.

THE 3 DAYS

DAY 1: AWARENESS

Goal: Connect sensation with action

Keep them bottomless all morning (most important part!)

When you see signals (pausing, fidgeting, worried look):

- Calmly guide: "Let's go to the toilet!"
- If accident: "Wee goes in the toilet, let's finish there"
- Celebrate tries: "You listened to your body!"

Afternoon: Stay bottomless or add loose pants if needed

Night: Use sleep nappy. "This is just for sleeping."

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DAY 2: CONSISTENCY

Remove sleep nappy immediately when they wake

Prompt at key times:

- After waking, before/after meals, every 1-1.5 hours
- Try not to overwhelm them by suggesting toilet too frequently

If resisting:

- Stay calm
- Offer choices: "Potty or toilet?"
- Take breaks, reconnect, try again

Add underwear in afternoon

Expect lots of accidents, this is normal learning.

DAY 3: INDEPENDENCE

Let them tell YOU when they need to go (still offer reminders)

Reinforce the full routine: Walk to toilet → Pull pants down → Sit →

Go → Wipe → Pull up → Flush → Wash hands

Praise each step they do themselves

By end of day: Should understand process, some self-initiation, fewer accidents

THE RULES

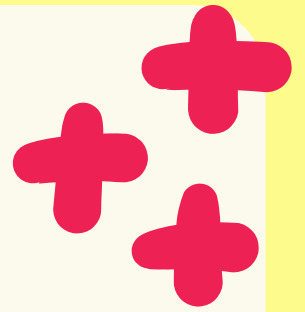
DO:

- Stay calm (your energy = their success)
- Make toileting fun
- Praise trying, not just results
- Use sleep nappies guilt-free
- Expect accidents for weeks/months

DON'T:

- Scold or shame accidents
- Force sitting
- Try to night train (comes ages 3-7 when biologically ready)
- Give up after one hard day

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GO IN WITH REALISTIC EXPECTATIONS

- Day 3: Understanding it, still accidents
- Week 1: Inconsistent, improving
- Weeks 2-4: Mostly reliable with reminders
- Months 2-3: Independent during day

WHEN TO PAUSE

Stop if: constant resistance, no progress after 7 days, major life stress

Wait 4-6 weeks and try again. Every child is different.

THE BOTTOM LINE

Your calm, patient energy matters more than anything else.
They'll get there. All children do, in their own time.
You've got this.

Full course has detailed scripts, step-by-step guidance, and comprehensive troubleshooting.