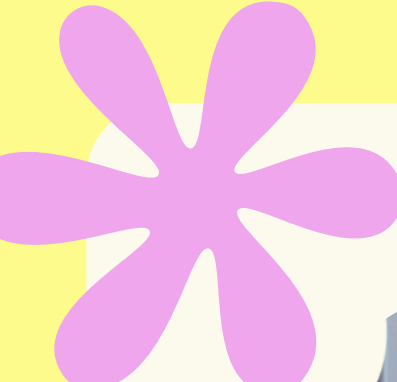
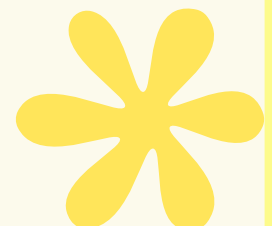


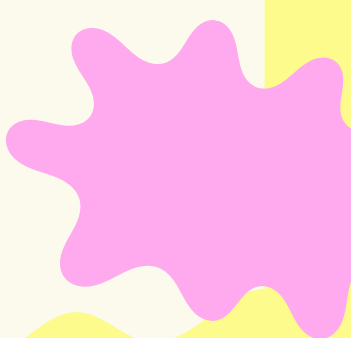


**NO TEARS
METHOD**



TOILET TRAINED FASTER

**THE 3-DAY TOILET TRAINING
METHOD**



THE "ABOUT ME, ABOUT THIS COURSE" PAGE

ABOUT ME

Hi! My name is Olivia. I am a working mum of two and, like most parents juggling work, life and little ones, I'm pretty time-poor (what parent isn't!).

I created this course because I went into toilet training completely blind (I wish I hadn't!) and mid-way through, desperately tried following a rigid, burn-the-ships style guide that ignored developmental readiness and relied on pressure rather than partnership. Spoiler: it didn't work and left us all frustrated.

So I started over. I researched what actually works – reading paediatric guidelines, learning about child development, and finding approaches that respect how toddlers learn rather than trying to force them.

This course combines evidence-based developmental principles with real-world parent experience. It's designed for time-poor parents like me, who want a straightforward, research-informed approach without sitting through hours of videos, with clear checklists, scripts for what to say, and troubleshooting when things don't go to plan.

ABOUT THE COURSE

- Child-led (but not excessively so! You're the boss!)
- No long videos with annoying voice-overs
- Checklists on readiness & what to buy
- Tips for parents/caregivers to prep

COURSE CONTENTS



PART 1: PREPARATION & MINDSET

- How to Know Your Child Is Ready
- What to Buy: Your Checklist
- How to Prep Your Home
- Mindset Prepping & Common Fears

PART 2: TOILET TRAINING BOOTCAMP

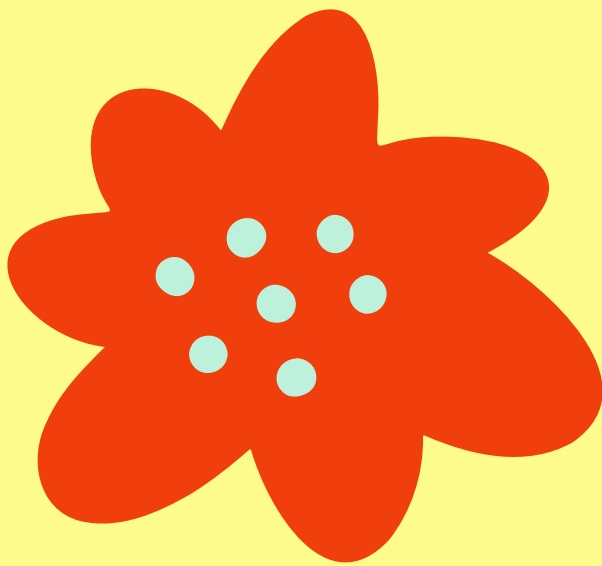
- Day 1 – Kickoff Day
- Day 2 – Building Consistency
- Day 3 – Mastery & Confidence

PART 3: DAY 4 ONWARDS & TROUBLESHOOTING

- How to Handle Toileting Out & About
- How to Handle Regressions, Refusals, Constipation



PART 1: PREPARATION & MINDSET



PART 1:

PREPARATION & MINDSET

Setting the Stage for Toilet Training Success

WHY PREPARATION MATTERS

Toilet training doesn't start the moment your toddler sits on the potty or toilet. It starts before that — with how prepared, calm, and confident you are.

When parents prepare properly, toddlers feel:

- Safe
- Supported
- Excited (instead of confused)

The more relaxed you are, the smoother the process will go.

MODULE GOAL

By the end of Part 1, you will:

- Understand if your toddler is ready for toilet training
- Know exactly what supplies, environment, and mindset are needed
- Be aligned as parents on your toilet training approach
- Feel calm, confident, and ready to begin Day 1



SECTION 1: UNDERSTANDING READINESS

Purpose: To prevent stress and setbacks by ensuring your toddler is physically, emotionally, and developmentally ready to begin.

"IS MY TODDLER READY?" CHECKLIST

Tick the boxes that apply to your child:

Can follow simple instructions	☐
Shows awareness of wet or dirty nappies	☐
Stays dry for at least 2 hours	☐
Can pull pants up and down (with some help)	☐
Shows curiosity about the toilet / wants to copy adults	☐
Uses words or gestures to communicate needs	☐
Displays growing independence and curiosity	☐

If your toddler doesn't meet several of these signs yet, wait a few weeks or until they start showing these signs. Starting too early often leads to frustration for everyone.

If they are showing several of these signs, great!
You can start preparing for toilet training.

SECTION 2: PARENT/CAREGIVER ALIGNMENT

Purpose: To ensure both parents are consistent in language, expectations, and approach.

Discussion Points for Parents/Caregivers:

Standing or Sitting (for Boys):

Before you begin toilet training, decide together as parents/caregivers whether to start with sitting or standing (and stick to your decision for toilet training, to avoid confusion!).

- Sitting is often simpler to begin with (one skill at a time).
- Standing can be introduced later once bladder control improves.

Consistency is Key:

Toddlers thrive on predictable cues. Discuss:

- **What language you'll use** ("Let's go to the toilet" vs "Do you need to go?" and language to refer to body parts)
- **How you'll respond to accidents** (calmly and positively)
- **What rewards or praise you'll use** (stickers, stamps, songs, high-fives. Some toddlers might be most motivated by a food treat; if that is the case, choose something that you're comfortable with but is motivating for your toddler).

WRITE DOWN YOUR SHARED PLAN:

- How will we handle accidents?
- What phrases will we use?
- How will we celebrate success?

PART 1: PREPARATION & MINDSET

Manage Your Expectations as Parents/Caregivers (Accidents will happen!)

It should almost go without saying, but your child is learning how to use the toilet and manage their bladder and bowel for the first time in their life. It really is a learned skill that requires your child's coordination, recognition of bodily signals and timing.

Children can be so absorbed in playing & activities that they enjoy, that they can miss their bodily signs that it is time to use the toilet until it is too late (cue: accident!). So in preparing for toilet training your toddler, as parents/caregivers you need to fully expect that you will have MANY accidents, especially during your toilet training days.

Do prepare your reactions to accidents.

The best chance of success is to praise their efforts & successes, even if they have a failed attempt or a near miss.

Some examples of things you could say:

- "Let's keep practicing - you're doing great and I know you can do this."
- "Thank you for telling me you had an accident. I know you are trying so hard to learn to use the toilet. Let's clean you up and we can try again later."
- "I know you're upset that you missed the toilet. Don't worry, accidents happen when you are learning to use the toilet. We can try together next time."

Tip if mess triggers you:

Consider putting affirmations around the house to remind yourself of your commitment to a calm and positive toilet training experience.



SECTION 3: INTRODUCING THE IDEA (TODDLER PREPARATION)

Purpose: To gently familiarise your toddler with the idea of using the toilet before training officially begins.

Let Them Observe You

If you're comfortable, allow your toddler to be with you when you go to the toilet.

Narrate the process simply and naturally:

"Mummy's going to do a wee on the toilet. Soon you'll learn to do this too! First I need to pull down my pants, then I am going to sit on the toilet, etc."

Explaining and having them watch the steps in the process helps normalise toileting and reduces fear or confusion. You could even involve them at this early stage by getting them to push the button to flush the toilet.

Read Together

Books are an excellent way to introduce the concept of toilet training in a relaxed, fun way.

Try reading one or two of these with your toddler each day in the weeks leading up to your chosen toilet training time (the repetition will help it sink in!):

- "Potty" by Leslie Patricelli
- "Potty Superhero" by Parragon Books
- "Once Upon a Potty" by Alona Frankel
- "Everyone Poops" by Taro Gomi

SECTION 4: SET UP FOR SUCCESS

YOUR TOILET TRAINING CHECKLIST

Purpose: To prepare your home and supplies so you can focus on your toddler (not logistics!) during the training days.

Child-size toilet seat insert or separate training toilet (potty)

Step stool to help your toddler access the toilet and/or bathroom sink for handwashing

Training pants or underwear (buy many more than you think! As a guide, have at least 15-20 pairs on hand)

Cleaning supplies: Cleaning wipes/paper towel and cleaning spray for quick clean-ups

Extra clothes in main areas of the house (make sure you have done the laundry beforehand!)

Reward system (stickers, chart, tokens, stamps, etc.)

Timer or phone reminders for toilet visits

Activities for your child (and other children, if you have) to do during the 3 days at home

Toileting steps visual guide print-out for your bathroom (optional - helpful for more visual/literal learners)

SHOULD I CHOOSE A POTTY OR A TOILET SEAT INSERT?

1. Start with whatever helps your toddler feel safe and successful.

The “right” choice isn’t about the equipment – it’s about confidence.

Toddlers only learn when they feel secure, so choose the option that your child is least likely to resist.

	Potty (Floor Potty)	Toilet Seat Insert (Small Seat on Big Toilet)
Pros	• Less intimidating: not as scary or loud as big toilets, easier to get onto by themselves. • Their feet touch the floor: easier for them to relax their pelvic floor and go. • Portable: You can bring it anywhere you need it. • Very clear cause-and-effect: They can see what they did, which helps early learning.	• One less transition: Once they learn, you're done. • Cleaner: Everything goes straight into the toilet. • Great for older toddlers: Especially those with older siblings they want to imitate.
Cons	• You'll need to transition to the toilet later. • Cleaning the potty.	• Feet often dangle, which can make it harder to relax (you'll want a stool/footrest). • Some toddlers feel nervous about sitting "up high" or the flush noise.
Best for kids who:	• Are nervous about the toilet • Love being independent • Are smaller or younger (18 months–2.5 years)	• Are curious about the toilet • Are 2.5+ and confident climbers • Like copying mum or dad • Don't like change (using the big toilet straight away limits change)

PART 1: PREPARATION & MINDSET



My honest advice

Many parents start with a potty for the first couple of days, especially during an intensive 3-day toilet training, because it's less confronting and kids can get quick wins. Many parents also find that giving their toddler the choice to use a potty or the big toilet with a little seat gives them an (important) sense of control.

Then once your toddler understands the process, you can shift them to the toilet with an insert, usually by day 2–3.

This “hybrid” approach tends to reduce battles and build confidence fast. However, you know your child best, and every family is different, so choose the approach that will work best for you!

Quick litmus test

Ask yourself:

Is my toddler easily scared of loud noises or height?

>

Start with a potty.

Does my toddler love copying us on the toilet?

>

Use a toilet insert.

Do I want fewer transitions?

>

Go straight to the toilet insert (with a good foot stool).

Do I want quick wins in the early days?

>

Potty first, toilet second.





AN IMPORTANT NOTE ABOUT NIGHT DRYNESS

Night dryness is mostly biological – not something you can teach or rush. It is for this reason that this course focuses on toilet training for the daytime only.

Why Night Dryness Happens Later

Think of night dryness as a developmental milestone, just like crawling or talking. Kids get there when their bodies are ready. Here's why:

1. Hormones need to mature

A hormone called **vasopressin** (ADH) tells the body to make less wee overnight. Some kids produce enough at 2–3 years, but many don't until 4–7. This is completely normal.

2. The brain–bladder connection needs to develop

Their brain has to recognise a full bladder and wake them up. This takes time and can't be taught like daytime toileting.

3. Bladder capacity grows over time

Some little bladders just aren't big enough yet to store wee all night.

What You Can Do

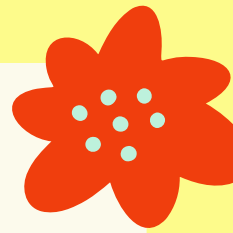
You can support the process gently by:

- offering a toilet trip before bed
- keeping daytime toilet habits relaxed and consistent
- avoiding big drinks right before sleep
- staying calm and positive (even on messy nights)

These help, but they don't create night dryness – they just support it.

Story time:

When I was toilet training my first child, I tried following a guide that *insisted* that toilet training would work for nighttime as well as daytime – which of course led to a lot of extra stress, extra laundry and no success – my toddler just wasn't ready. I wish someone had told me!



Please Know You Can't 'Train' Night Dryness

Nighttime dryness can't be trained or rushed. No sticker charts, night waking, or "trying harder" can switch on the hormone that controls night wees or make a child wake themselves. That part is biology, not behaviour.

So if your child is dry during the day but still wets at night, nothing has gone wrong – their body just isn't ready yet.

Those parents who say they "night trained" their toddler? Often this means that they carried their half-asleep toddler to the toilet in the middle of the night, or their child happened to mature early.

What Are Signs They Might Be Ready for Night Dryness?

Watch for these gentle clues:

- consistently waking with a dry nappy
- fewer overnight wees
- waking to ask for the toilet
- long dry stretches during naps

When these appear regularly, you can try nights without nappies.

What's Completely Normal Then?

- Staying in night nappies even after daytime success
- Night dryness taking months (or years) to follow
- Reaching night dryness between ages 3–7
- Regression during illness, growth spurts, or change

You're not doing anything wrong — this timeline is typical for most kids.

Your Takeaway as a Parent

Focus on daytime training, use night nappies without guilt, and trust your child's body to get there in its own time. You've got this.



SECTION 5: CHOOSE YOUR DATES

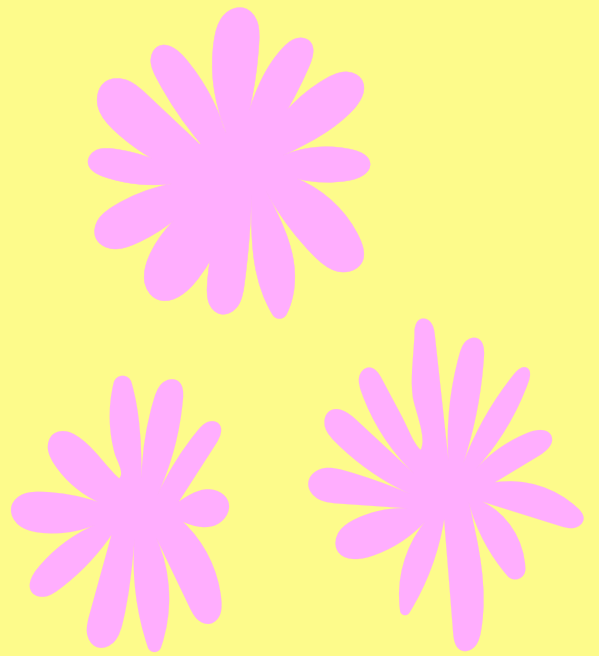
Once you have checked off all the preparation steps in Module 1 (yay!), choose the dates that you can commit to a solid 3-days of toilet training your toddler.

Maybe it is a long weekend, or during holidays. If you choose to toilet train during holidays, do make sure that you don't have any social functions planned.

You need to be prepared and committed to stay at home for the full 3 days ideally, to allow your toddler (and yourself, quite frankly!) to focus and learn together in the calm of home, without the distractions or possible judgements from others.

It does seem like a lot to commit to, but it really is the best way to allow for the highest success rate once your child sets off into the world.

**FEELING READY?
LET'S JUMP IN TO THE
TRAINING PHASE!**



PART 2:

TOILET TRAINING BOOTCAMP

PART 2:

TOILET TRAINING BOOTCAMP

Where the Magic (and the wee!)
Happens

WELCOME TO THE BIG TRANSITION!

I feel like I need to tell you this: toilet training is...a lot. It's messy, it's intense, your toddler will probably react in a totally different way than you're expecting because, well, toddlers. So if you feel a bit nervous about it, I really feel you.

But I am also really happy to tell you that once it all clicks, your little person will be so proud of themselves for reaching a new level of independence (and you should be too)!

MODULE GOALS

By the end of Part 2, you will:

- Know exactly what to focus on during the first 3 days
- Feel confident starting without pressure or power struggles
- Understand Day 1 learning, Day 2 (possible) resistance, and Day 3 progress
- Have simple scripts for refusals, accidents, and "I want my nappy"
- Respond calmly to accidents — no shame, no drama

OK, you ready? Let's get into it.





DAY 1 – KICKOFF DAY:

Today is all about building body awareness, creating rhythm, and celebrating every try. Let's jump in!

Your Setup Checklist (Set Up The Night Before)

- Potty or toilet insert set up and visible
- Towels or puppy pads for quick clean-ups
- Snacks, drinks & play activities
- Calm, positive parent energy (your tone matters more than anything!)

Goal of the Morning

Help your toddler recognise their body signals by **keeping them bottomless** (no pants, no underwear, no nappy).

This creates instant cause-and-effect learning: "Oh, what's that feeling? Oh, I need to wee!".

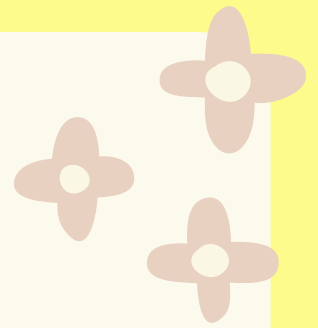
When the inevitable first accident happens, your child will very quickly understand that no nappy means it's toilet time.

Celebrate Every Win

Any amount of wee or poo in the toilet, or even a near miss where they tried to make it on time to the toilet, is a victory. Use simple, warm praise: "You listened to your body! Well done."

Avoid over-the-top cheering — we want intrinsic confidence, not performance pressure.





DAY 1 – KICKOFF DAY:

7:00–9:00 AM: Wake, Nappy Off, Breakfast

- Start the morning calmly. Begin with cuddles, connection, and a calm chat. Explain simply and positively: "Today we're learning how to use the toilet. I'll help you the whole time."
- **Remove the nappy** and let your toddler know cheerfully: "Today we're learning to do wees and poos in the toilet! We're going to keep pants off today while we're learning."
- Give breakfast as normal.
- **Keep them bottomless** (no pants, no undies, no nappy). This is the most effective part of Day 1.
- **Offer lots of drinks and high-water content foods** (watermelon, for example) to create a natural need to wee, and lots of learning opportunities.
- **First toilet sit: 2–3 minutes only. Praise effort, not results.** For example, say: "You sat on the toilet! That's great trying."

Some toddlers look down in confusion the first time they wee. This is good. They're starting to connect sensation with action.

9:00–12:00 PM: Watching for Signals

You're on observation mode today.

Watch for:

- Pausing mid-play
- Grabbing at themselves
- A worried look or frown
- Standing very still
- Saying "uh oh" or nothing at all!

What you do:

When you see a signal, calmly guide:

"Let's go to the toilet — your body is telling you it's time."

If they begin to wee on the floor, gently redirect mid-stream:

"Wee goes in the toilet, let's finish in there."

No scolding, no pressure. Just connection and learning.



DAY 1 – CONTINUED:

Afternoon: Optional Transition to Pants

Afternoon Goal

Continue practice in a way that keeps your toddler confident and regulated. At this point, toddlers may feel totally fine bottomless or start wanting pants for comfort or warmth. Both are okay.

OPTION A: Stay Bottomless (Recommended if going well)

Stay bottomless if your toddler is:

- Happy and relaxed
- Doing wees in the toilet with your gentle prompting
- Not resistant or distracted

This usually accelerates progress because we keep reinforcing that sensation → action (usually it takes a bit of time for them to pick this up, so definitely don't feel discouraged if you're still having lots of accidents by the end of Day 1).

OPTION B: Add Loose Shorts or Undies

Switch to clothing if your toddler:

- Keeps asking for pants
- Seems cold or exposed
- Is becoming upset or dysregulated

Why loose clothing?

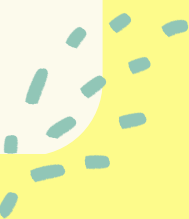
It's easier to pull up/down and gives them a "real clothes" feel without creating too much pressure.

If pants cause accidents, simply return to bottomless with no shame: "It's okay — we're still learning. Let's try without pants for a bit."

Afternoon Activities

Choose calm, contained activities such as playdough, drawing, blocks, storytime where you can remain close to your toilet.

Avoid hyper-stimulating activities (trampolines, playgrounds) on Day 1.





DAY 1 – CONTINUED:

Bedtime Time Routine – Using a Nappy for Sleeping

As bedtime approaches, it's completely okay (and recommended) to use a night nappy or pull-up. Night dryness develops later, and *in most cases* your child's body simply isn't ready yet. What matters is talking about it honestly and calmly so it feels natural, not confusing.

I recommend using pull-up nappies for sleep

The reason is because these are the most similar to underwear (they pull up and down). In the prep phase, you could take your toddler to the shops to choose their own special night nappies.

How to Explain Using Nappies at Night:

- “During the day, you’re learning to use the toilet. At night, your body is asleep and still learning. So you’ll wear a special sleep nappy to keep you comfy and dry.”
- “This nappy is just for sleeping. When you wake up, we’ll take it off and use the toilet again.”
- “Your body will learn nighttime/sleep-time wees when it’s ready. For now, this helps keep you dry/comfortable while you sleep.”

Tips:

- Keep the tone confident and matter-of-fact.
- Avoid treating the night nappy like a ‘step backwards’ — it’s simply a different need.
- Use pull-ups if possible, because they feel close to underwear (same mechanic: pulling up & down) and support independence.
- **If your child is still napping during the day:** use the same approach to explain why they need to wear a nappy to bed. You can call them “sleep-time nappies”.



DAY 2 – LET’S GROW THEIR CONFIDENCE

What Day 2 Is Really About

Today your toddler is processing everything they learned yesterday. Some children continue enthusiastically.

Others push back, resist, or want to return to nappies. All of this is normal. Your job is to stay calm, consistent, and encouraging – not forceful. But remember, you are the leader of the house and you need to set the tone, with positivity and confidence.

Day 2 is about helping your child feel capable, secure, and supported.

Morning Start (Get the Sleep Nappy Off Immediately!)

On Day 2, it is super important to start the day the way you want to continue – which means you need to get that night nappy off stat! Like, as soon as they wake up. Don’t wait until after breakfast/getting dressed/etc.

You might accidentally cause yourself a set-back if they start weeing in the nappy while they are awake (nappy wees = easier).

Begin the day with warmth and predictability.

Parent Script:

“Good morning! Let’s take off your sleep nappy. Now your body is awake again, so we use the toilet/potty for wees.”

Invite your child to sit on the toilet/potty for a “morning wee.” No pressure, just an invitation.

If they refuse:

“That’s okay. You can tell me when your body starts to feel the signal.”



DAY 2 - CONTINUED

Morning Routine: Building on Yesterday

Today, you'll continue watching for signals, but you'll also start gently prompting before key times:

- After waking up
- Before and after meals
- Before nap time
- Before going outside (if you venture out)
- About every 1-1.5 hours if they haven't been

Your tone matters more than anything. Keep it light and inviting, not demanding: "Let's try going to the toilet before we play outside."

If Your Toddler Resists or Regresses

It's pretty normal for Day 2 to feel harder than Day 1. Your toddler might refuse to sit on the toilet, ask for their nappy back, have more accidents than yesterday, or seem grumpy or overwhelmed.

This is normal. They're processing a big change. Here's what to do:

1. Stay calm and kind

Your reaction sets the tone. If you stay confident and relaxed, they will too. Avoid showing frustration, even if you feel it. Acknowledge their feelings, say: "I know this feels hard. We're learning together."

2. Don't go backwards (asking for nappy back)

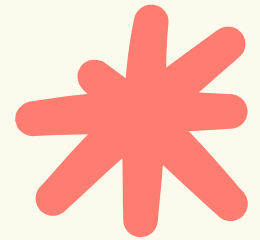
If they ask for a nappy, redirect: "Nappies are for sleeping. During the day, you're learning to use the toilet. I'll help you." Then offer the toilet again in 15-20 minutes.

3. Offer control where you can

"Do you want to use the potty or the big toilet?" "Do you want to bring your teddy with you?" Small choices help them feel empowered.

4. Reconnect emotionally

Sometimes resistance is about needing connection, not the toilet itself. Pause, cuddle, play, and then try again.



DAY 2 - CONTINUED

Afternoon: Adding Pants (If You Haven't Already)

If your toddler has been bottomless until now, the afternoon of Day 2 is a good time to introduce underwear or loose pants. This helps them practice the added step of pulling clothing up and down.

How to introduce pants:

- "You're doing such a great job using the toilet! Now we're going to try wearing undies/pants like a big kid."
- Choose loose, easy-to-remove clothing.
- Remind them: "If you feel the signal, tell me right away so we can pull your pants down in time."
- Expect a few accidents as they adjust to this new layer.

Tip: If accidents increase dramatically with pants on, it's okay to go back to bottomless for a few more hours. You can try pants again later in the day or tomorrow.

Afternoon Activities

Continue with calm, engaging activities. You can slowly introduce slightly more active play (like dancing, gentle outdoor play) if your toddler is doing well. Keep the toilet easily accessible.

End of Day 2: What to Expect

By the end of Day 2, your toddler should:

- Understand the basic process (though they won't be perfect)
- Be starting to recognise their body signals
- Have had several successful toilet visits
- Still be having accidents (this is completely normal)

Remember: Progress isn't linear. Some kids have an "aha!" moment on Day 2. Others need Day 3 (or beyond) to really click. Trust the process.

Bedtime Routine

Same as Day 1: Offer a toilet visit before bed, then put on a sleep nappy. Keep your language consistent and calm.

DAY 3 - MASTERY & CONFIDENCE

What Day 3 Is Really About

Day 3 is where things often start to come together. Your toddler has had two full days of practice, their brain is connecting the dots, and with your calm guidance & celebration of effort, they're building real confidence. Today is about reinforcing what they've learned and helping them feel more independent.

Some children will have a breakthrough on Day 3. Others will still be finding their rhythm. Just like every other milestone, every child goes at their own pace, so don't feel disheartened if things are taking longer than you expected. Your job is to maintain consistency, celebrate progress, and stay patient.

Morning Routine: Same Foundation, More Independence

Start the day exactly as you did on Day 2:

- Remove sleep nappy immediately upon waking
- Invite them to use the toilet
- Get dressed (with underwear/loose pants)
- Give breakfast



The difference today: Start encouraging your toddler to tell YOU when they need to go, rather than you always prompting them. You can say: **"Remember to listen to your body. If you feel like you need to go, tell me right away."**

You'll still offer gentle reminders at key times (before going out, after meals, etc.), but start giving them opportunities to initiate.

A good way to prompt could be asking:

"Hey, it's been a while since you went to the toilet/potty. What's your body telling you? Is it telling you that you need to go?"

This gets them to think about what is happening inside their body (we keep reinforcing sensation - action).



DAY 3 – MASTERY & CONFIDENCE

Building Independence Throughout the Day

On Day 3, begin teaching your toddler the full toileting routine so they can eventually do it more independently:

1. Recognise the signal – "I need to go"
2. Get to the toilet – Walk there calmly
3. Pull pants down – With help at first
4. Sit on the toilet – Position themselves safely
5. Do a wee or poo
6. Wipe (you'll help with this for a while)
7. Pull pants up
8. Flush
9. Wash hands

Don't expect them to do all of this alone yet! But start narrating each step and letting them do what they can.

For example: "You pulled your pants down! Great job. Now you sit on the toilet."

Praise effort at every step. Even if they only manage one part independently, celebrate it: "You walked to the toilet by yourself! I'm so proud of you."

COMMON DAY 3 SCENARIOS (AND HOW TO HANDLE THEM)

Scenario 1: They're doing great!

If your toddler is consistently telling you when they need to go, having few accidents, and feeling confident, that's wonderful! Keep up the same routine, continue offering gentle reminders at key times, and don't get complacent—accidents can still happen.

DAY 3 – CONTINUED

Scenario 2: Still having lots of accidents

If accidents are still frequent on Day 3, don't stress. This doesn't mean failure. Some children need more time to connect the dots.

Ask yourself:

- Am I staying calm and positive, or is my stress showing?
- Am I giving them enough opportunities (gentle prompts every 1–1.5 hours)?
- Are they distracted by overstimulating activities?
- Could they be constipated? (This can interfere with bladder control)

Adjust as needed, and stay the course. Many children need 4–7 days to really 'get it.'

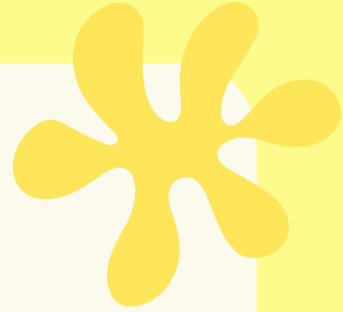
Scenario 3: They're refusing to sit on the toilet

If your toddler is resisting the toilet itself, try:

- Letting them choose: potty or toilet?
- Reading a book together while they sit
- Bringing a special toy just for toilet time
- Sitting on the toilet yourself and modelling calm, positive behaviour
- Taking a break for 20–30 minutes, then trying again without pressure

Never force them to sit. This can create fear and setbacks. Instead, stay calm and reassuring: "It's okay if you don't want to sit right now. We can try again soon."





DAY 3 – CONTINUED

Afternoon: Introducing More Normal Activities

By Day 3 afternoon, if things are going reasonably well, you can start reintroducing more normal activities:

- **Playing in the backyard** (stay close to the house)
- **A short walk around the block** (bring a portable potty if needed)
- **Playing with friends at home** (set clear expectations: "We're practising using the toilet, so we'll take breaks")

Important: Don't venture too far from home yet. You're still building confidence and consistency. Save big outings for Day 4 onwards.

End of Day 3: What to Expect

By the end of Day 3, your toddler should:

- Have a solid understanding of the process
- Be starting to initiate toilet visits themselves (at least sometimes)
- Have fewer accidents than Day 1 (though they may still happen)
- Feel more confident and less anxious about using the toilet

If they're not quite there yet, don't panic. Every child is different. Some need a few more days of practice before it truly clicks. The key is consistency, patience, and maintaining a calm, positive environment.

Celebrating Your Progress

You've made it through three intensive days. That's huge! Take a moment to acknowledge that your toddler has learned a brand new life skill (which you taught them!), and you've stayed calm and consistent (even when it was hard).

Tomorrow, you'll start navigating life outside the home and handling any bumps that come up. You've got this!

PART 3:
DAY 4 ONWARDS &
TROUBLESHOOTING



PART 3:

DAY 4 ONWARDS & TROUBLESHOOTING

Doing Life After the 3-Day Bootcamp

CONGRATULATIONS!

3 days of intense toilet training done and dusted! It was a lot but you've made it to the other side. Now comes the next phase: maintaining consistency, handling outings, and troubleshooting any challenges that arise.

MODULE GOALS

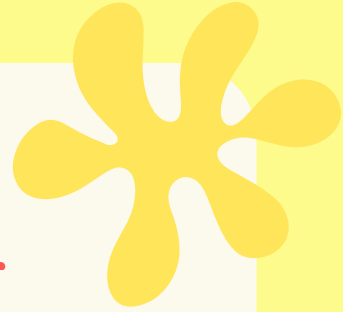
By the end of Part 3, you'll be feeling confident to:

- Handle toileting outside the home
- Return to daycare or preschool
- Handle regressions and refusals
- Manage constipation
- Deal with common setbacks

It's pretty normal to feel (sometimes) even more nervous about this part than the 3-days training at home, but this is why you've spent three solid days building a solid base.

Think of this next part as a continuation of your home training, but with other people involved.





HOW TO HANDLE TOILETING OUT & ABOUT

When to Start Venturing Out

On Day 4, if it is possible for you, gradually reintroducing normal outings can be a good way to set yourself up for success in a low-stress way.

However, totally acknowledging that life is busy & you may need to return to work/childcare. If that's you, we'll cover that in this section. But if you do want to start more slowly to build confidence, you could start by:

- **Starting with short, low-stakes trips** (grocery shopping, a friend's house)
- **Going places with easily accessible toilets**
- **Avoiding** long car trips or crowded places initially
- **Keeping your expectations realistic** (accidents will still happen)

Essential Gear for Outings

Create a "toilet training on-the-go" kit that you keep in your bag or car. Include:

- **Multiple changes of clothes** (at least 2-3 complete sets)
- **Plastic/wet bags** for soiled clothes
- **Portable potty or toilet seat insert** (optional but helpful)
- **Wipes** and hand sanitiser
- **Spare shoes** (accidents often involve shoes!)

When you're out, watch for their signals (fidgeting, holding themselves, going quiet, etc.) and **if you see a sign, or if they tell you they need to go, drop everything and go to the toilet immediately.** Their window of control is still very short.

Offering regular reminders in these first few weeks, especially out & about, can be very helpful.



IF AN ACCIDENT HAPPENS IN PUBLIC

Accidents out & about will happen, probably more than once!
When it happens:

- **Stay calm** – Your toddler will take cues from you. If you stay relaxed, they won't feel ashamed
- **Clean up matter-of-factly** – "Don't worry. Accidents happen. Let's clean you up and keep going"
- **Find a private space** – Change them in a bathroom or back in the car if needed
- **Don't scold or shame** – This is part of learning
- **Reflect afterwards** – "Next time, can you tell me sooner when you feel the signal?"

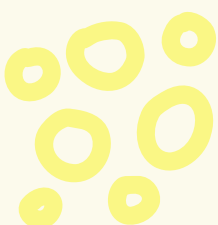
LONG CAR OR PLANE TRIPS

Long car trips require extra planning:

- **Use the toilet before leaving**
- **Plan stops every 60-90 minutes** for toilet breaks
- **Bring a portable potty** for emergencies
- **Use a waterproof seat protector** in the car seat (optional)
- **Stay calm if an accident happens** – Pull over, clean up, continue

Long plane trips follow the same principle as car trips, except that you probably won't want to bring a portable potty. You can buy portable fold-up toilet seat inserts from Amazon or Temu cheaply, they are very lightweight and easy to pack.

For plane trips, also make sure you pack plenty of night nappies, changes of clothes, waterproof seat protector or puppy pee pad in your carry-on luggage.



RETURNING TO DAYCARE OR PRESCHOOL

If your child attends childcare, preschool, or is cared for by someone else during the day, communication and consistency are critical.

Before Your Child Returns:

- Talk to the educators about your approach
- Share what language you use (e.g. "toilet", "wee", "poo")
- Explain your routine (how often you prompt, how you respond to accidents)
- Provide extra changes of clothes (go for at least 5 pairs of underwear and pants in these early days)
- Ask them to remind your child to regularly use the toilet
- If you have a little boy, explain which way you've taught him to use the toilet (sitting or standing)

Sending a follow up email, and also reminding the educators of all of the above when you return, can be very helpful as well.

Expect some regression:

New or busy environments can be overwhelming. Your child may have more accidents at childcare initially. This is normal. Stay in close communication with educators and maintain consistency at home.





HOW TO HANDLE REGRESSIONS, REFUSALS, AND CONSTIPATION

Even after a successful training period, challenges can arise. This is completely normal. Here's how to handle the most common issues.

Regressions: When They Go Backwards

A regression is when your child was doing well with toilet training, then suddenly starts having frequent accidents again or refuses to use the toilet.

Common causes of regression:

- **Big life changes** – Moving house, new sibling, starting childcare, family stress.
- **Illness** – Even a simple cold can disrupt routines.
- **Travel or holidays** – New environments can be overwhelming.
- **Developmental leaps** – When they're focused on learning something new, toileting may slip.
- **Attention-seeking** – If they're feeling emotionally disconnected, accidents can be a way to reconnect.

How to handle a regression:

- **Stay calm** – Don't show frustration. React matter-of-factly: "Let's clean this up together".
- **Reconnect emotionally** – Spend extra one-on-one time. Often regressions are about needing connection.
- **Go back to basics** – Increase prompting frequency temporarily. Offer more support.
- **Don't punish** – Shame and punishment will only make things worse.
- **Look for patterns** – Is it happening at specific times or places? This can help you understand the trigger.
- **Be patient** – Most regressions pass within a week or two once the underlying issue is addressed.

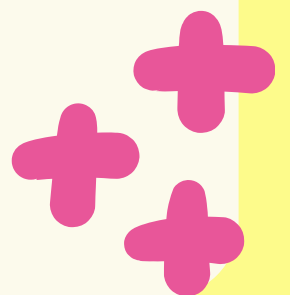
REFUSALS: WHEN THEY WON'T SIT ON THE TOILET

Some children develop a fear or strong resistance to the toilet. This can be due to:

- Fear of falling in
- Fear of the flush noise
- A previous painful poo (leading to toilet anxiety)
- A need for control (toddlers asserting independence)
- Sensory sensitivities

How to overcome refusal:

- **Offer choices** – "Do you want to use the potty or the toilet?" "Do you want to bring teddy?"
- **Make it fun** – Read books, sing songs, or play games while they sit
- **Address fears directly** – "I'll hold you so you don't fall" or "We can flush together when you're ready"
- **Use a reward system** – Stickers, stamps, or small treats for sitting (even if they don't go)
- **Model behaviour** – Let them watch you or siblings use the toilet
- **Take breaks** – If they're very resistant, step back for a day or two, then try again without pressure
- **Never force** – Forcing creates trauma and deeper resistance



CONSTIPATION: A HIDDEN TOILET TRAINING BARRIER

Constipation is one of the most common causes of toilet training struggles. When children are constipated, their rectum is full, which puts pressure on the bladder. This makes it harder for them to recognise the need to wee, leading to more accidents.

Important: If constipation is severe or ongoing, speak to your GP or paediatrician. This is not something to ignore.



Signs your child might be constipated:

- Hard, pellet-like poos
- Straining or crying when pooing
- Going several days without a poo
- Complaining of tummy pain
- Frequent wetting accidents (even after weeks of success)
- Skid marks in underwear ("poo accidents" that are actually leakage around hard stool)

How to help with constipation:

- **Increase fibre** – Fruits (especially prunes, pears, apples), vegetables, wholegrains.
- **Increase fluids** – Water is best.
- **Encourage movement** – Physical activity helps with bowel movements.
- **Create a routine** – Encourage them to sit on the toilet after meals (when the bowel is naturally more active).
- **Use a footstool** – Having their feet supported helps them push more effectively.
- **Stay calm about poos** – If they're anxious about pooing, it can worsen constipation.
- **See a doctor if needed** – Persistent constipation may require medical support (stool softeners, dietary advice).

POO REFUSAL: WHEN THEY'LL WEE BUT WON'T POO

Some children master weeing in the toilet quickly but refuse to poo there. This is often because:

- Pooing feels more vulnerable
- They associate the toilet with discomfort (if they've had painful poos in the past)
- They're afraid of "letting go"
- They're used to pooing in a nappy (standing, private)

How to help:

- **Stay calm** – Don't make poos a big deal. Normalise it: "Everyone poos, and poos go in the toilet"
- **Catch the window** – Watch for signs they need to poo (hiding, squatting, holding themselves) and calmly guide them to the toilet
- **Let them poo in a nappy in the bathroom** – This is a step toward the toilet. Once they're comfortable pooing in the bathroom, work toward doing it on the toilet
- **Use a footstool** – Proper positioning makes pooing easier
- **Offer a reward** – Some children respond well to a special reward just for poos
- **Read books about pooing** – "Everyone Poops" is a classic
- **Be patient** – Poo training often takes longer than wee training. This is normal



COMMON QUESTIONS

"HOW LONG WILL ACCIDENTS CONTINUE?"

Accidents are normal for weeks—sometimes months—after initial training. Most children will still have occasional accidents up to age 4 or even 5, especially when they're absorbed in play or in new environments. Gradually, as their bladder capacity grows and their awareness improves, accidents will become less frequent.

"WHEN CAN I STOP REMINDING THEM?"

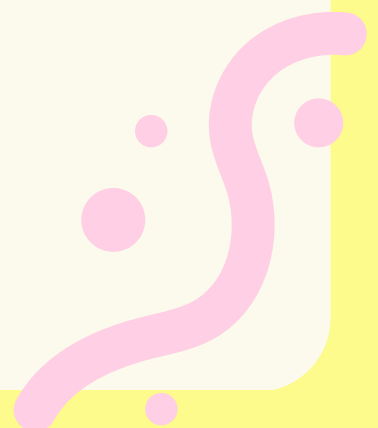
You'll need to offer gentle reminders for several weeks, especially at key times (before leaving the house, after meals, etc.). Over time, as they become more independent and aware, you can gradually reduce prompting. Trust your instincts—if accidents are increasing, go back to more frequent reminders.

"WHAT IF THEY'RE NOT READY?"

If after several days of trying, your child is deeply resistant, having constant accidents, or showing signs of distress, it's okay to pause. Put them back in nappies for a few weeks, then try again when they're showing more readiness signs. There's no shame in waiting—every child is different.

"SHOULD I USE PULL-UPS DURING THE DAY?"

Pull-ups can be helpful for outings in the early weeks, but try to avoid relying on them too heavily during the day. They feel too similar to nappies, which can confuse your child and slow progress. Use underwear as much as possible, and save pull-ups for times when an accident would be particularly difficult (long car trips, special events).



A FINAL WORD.

Toilet training is one of those parenting milestones that can feel overwhelming in the moment but is quickly forgotten once it's done. Here's what I want you to remember:

- **Every child is different.** Some get it in 3 days. Some take 3 weeks. The range of normal is big, so go with the flow.
- **Your calm energy matters more than anything.** If you stay positive and patient, your child will too.
- **Accidents are part of learning.** They're not failures—they're all part of the learning curve.
- **Consistency is key.** The more consistent you are with language, routine, and reactions, the faster your child will learn.
- **Trust your child.** They will get there. All children do, in their own time.
- **Trust yourself.** You know your child better than any course or expert. Follow your instincts.

You're doing an amazing job. This is hard work, but you're giving your child a skill that will serve them for life. Take it one day at a time, celebrate the small wins, and be kind to yourself when things don't go perfectly.

YOU'VE GOT THIS.

