



POTTY TRAINING CONSULTANT

Helping parents help their children succeed



A POTTY TRAINING EXPERT

Allison Jandu is a professional consultant who assists families with one of childhood's most important, yet daunting, milestones - potty training. Allison has helped countless children ages 14 months to 11 years. She specializes in custom potty training plans that are based on building independence and empowerment and she thrives on seeing children succeed. Allison is also a mother herself, and holds a Bachelor of Science degree from the University of Baltimore. She has written internationally accredited continued education training for childcare professionals along with two highly-praised potty training guides: *The Poop Puzzle* and *The Wee Hours*. She has also released new online course, *Potty Training Doesn't Have to Stink*, as a resource for parents.

POTTY TIPS

Here are some of Allison's top tips for achieving potty success:

- 1 - **Introduce the potty as early as possible.** The earlier your child is exposed, the less drastic and scary of a change it will seem to him when it comes time to ditch the diapers.
- 2 - **Count down the days to no more diapers on the calendar.** This helps ease your little one into the idea and allows time for you to build her confidence and empowerment. Take these (3 to 5) days to do fun, potty-related activities. Read books, watch videos, have her teach a doll to use the potty, etc.
- 3 - **Make up your own potty song and dance for when your child is successful.** The sillier, the better! Kids love to see their parents be goofballs - sometimes this is enough motivation for them to go potty again!
- 4 - **Keep a potty in the car.** Most new potty trainees don't like public restrooms. (I mean, who does really?) But don't let this keep you held hostage at home out of fear of an accident. Having the potty with you will make your little one feel more at ease.
- 5 - **Make a progress chart together.** Not a chart to earn rewards, rather, marking the chart (with a sticker or stamp) itself is the reward! Having a visual representation of her progress will be a huge confidence boost.
- 6 - **Keep track of successes, not accidents.** You don't need to see perfection, just progress. This will keep your morale up and give you the strength to persevere!
- 7 - **When you first transition to underwear, go up a size.** Sometimes the snug feeling of undies can be confused with a diaper and will trigger that automatic muscle memory, causing an accident. Keeping undies loose will allow for more body awareness.
- 8 - **Don't ask if he needs to go, instead prompt at appropriate times (without nagging).** What is every toddler's favorite word? "NO!" Instead of asking, prompt or give a choice. Say, "Would you like to use the potty before or after you brush your teeth?" Allow him to feel in control, but still keep the idea fresh in his mind.

GOOD LUCK AND HAPPY POTTYING!

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