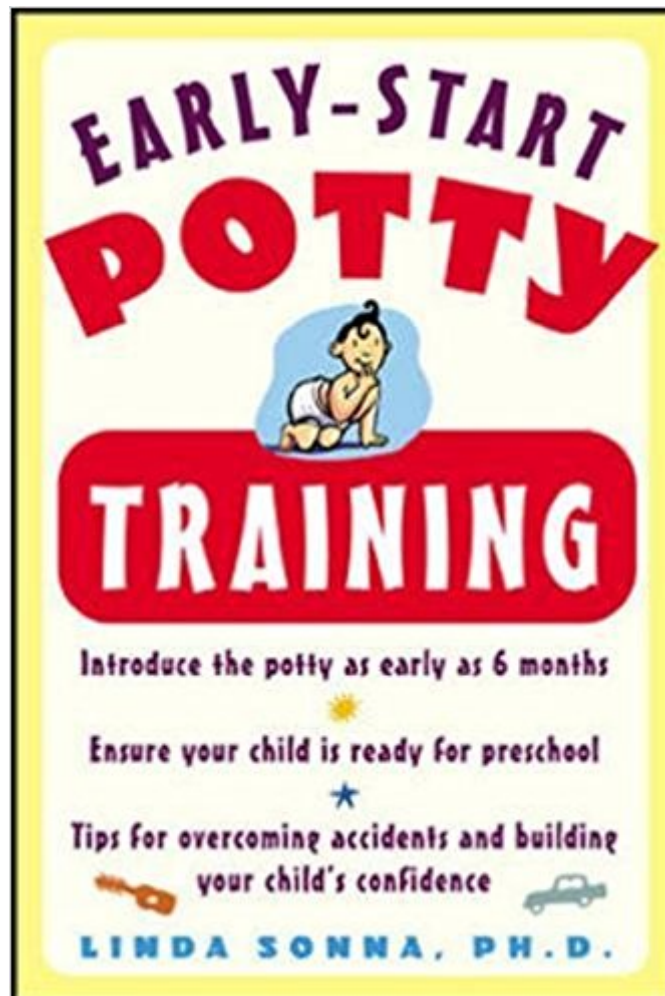




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# Early-Start Potty Training (Family & Relationships)



## Synopsis

The time-tested, gentle, and successful method that introduces children to potty training as early as six months While parents around the world successfully potty train their children well before preschool age, in the United States, we've moved away from this early introduction. However, there's no evidence that later is better--in fact, there's even significant reason to believe that later can be detrimental. Written by a respected child psychologist, *Early-Start Potty Training* shows why the early-start method is preferable to the commonly used readiness method. Waiting until children show signs of readiness can hold them back from preschool, cost a fortune in diapers, and lead to health problems. The early-start method avoids these concerns by starting the process of training as early as six months old. This easy-to-follow program provides you with: Time-tested training tips for introducing toddlers--and even infants--to the potty Methods for combating common problems of training delay A troubleshooting plan for moving toddlers from diapers to potty independence Hints on how to overcome accidents and build confidence in children

## Book Information

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## Customer Reviews

â œDr. Sonna is giving parents and babies a wonderful opportunity to introduce the potty at an age when learning new skills is part of every day life.â • --Barbara Gablehouse, MD. Have your child completely potty-trainedâ •by the age of two! Drawing on methods used with success around the world, *Early-Start Potty Training* shows that potty training your baby at an early age is not only possible, itâ s actually beneficial to your childâ s health. Drawing on the latest scientific studies,

Early-Start Potty Training debunks the myth that it is better to start teaching after age two and gives you a step-by-step plan to be finished with diapers before your child's second birthday. Author of The Everything Potty Training Book, Dr. Linda Sonna explores the many drawbacks of the "readiness" method, including the emotional, financial, and health repercussions of waiting too long. Instead, she advocates loving, gentle, toilet learning methods, and proves that the earlier you introduce the potty, the better off your child will be. Early-Start Potty Training is full of caring steps, tips, and techniques to help speed your child's potty learning success, including: Expecting success without pressuring your child Why a potty chair is better than a potty seat The pitfalls of disposable diapers Preparing babies for potty independence How to overcome toddler resistance How to potty train and prevent bedwetting at any age

Linda Sonna, M.Ed., Ph.D., is a professor of counseling psychology at Yorkville University with twenty years of experience working with parents and children. Dr. Sonna is the author of eight parenting books and is a public speaker.

I'm not a crunchy mom so early potty training was the farthest thing from my mind as I prepared for 2 under 2. When the 15 month old came to me and told me BEFORE he pooped I was at a loss so I did what I always do - went in search of a book to help me figure this whole parenting thing out! It really opened my mind to how we are conditioned about potty training in the US vs. the rest of the world. I didn't have high expectations but I figured "Why not? If it works, awesome. If not, we will revisit it later." I wasn't gonna go hard core but why not try if he was interested and I had the time to devote to it? To be frank the method is much more about parent training than child training but I figured if it could save me even a few diapers by "catching" during our regular diaper changing times, why not. We moved the diaper changing station into the bathroom and put them on the potty at every change. This will sound totally insane but the BABY was pooping on the potty by 6 months old. I'm a believer. Be prepared - EVERYONE told me that I was crazy and this was stupid or even bad for my kids. Bottom line is that we were done putting diapers in landfills before age 2 and I probably used half as many diapers with my 2nd as with my 1st child. Overall I consider that a win! They are now 8 and 9 and neither of them need therapy because their evil mom put them on the potty at such a young age.

Gives some interesting information about the history of potty training in the US and some facts about potty training around the world, but the actual instruction is lacking. I do think that this might

be a good book to give to any family member that is trying to discourage you from early potty training (a mother-in-law that perhaps is certain her way is the only way, a 'perfect' sister that is certain you are destroying your child, etc.) to get them to understand the background of early training and to show that the system has been in place for many years. This didn't give any information that I had not already read by doing research online, but I might pass it on to a few people that gave me a hard time for training my child "too early".

This book is a great resource. I sort of skimmed through until I reached the age where my daughter was when I ordered the book, and then began really reading. There's a lot of information in the introductory chapters; and the author is very pro-EC. BUT she does not force EC down your throat nor does she insist it is the only way to go. She is also rather pro-CD, in a way that could be a turn-off if you love your disposable diapers. I didn't have that problem as we CD, so I got a lot out of it. I found the book intelligently written and useful. I think anyone contemplating potty training or who needs to change strategies because what they're doing just doesn't seem to be working would benefit from this book. But unless you really want to read it all, just skip ahead.

I thought this book would be interesting and informative. It wasn't. I practice attachment parenting and was turned off by the pushiness of the author. Her reliance on operant conditioning is carried too far as well (and I have 2 masters degrees in psychology.) She also suggests that if you don't have a rigid schedule, you'll never potty train your child. My 10 month old went on the toilet today, and I don't have a rigid schedule, so the anecdotal evidence is against her already.

Good book, but the title is a bit misleading. I thought it was about early (baby) potty training, but that is just two chapters. The rest is normal or older kid potty training. I wanted more information on the early potty training subject. I think I will need another book.

Just read this book and when I got to the end I was like, "so where are the instructions?". I have a 13 month old that I wanted to start slowly working with and I was looking for a little more "how to" than what this book gave me. I really enjoyed the read but as a busy mom of a toddler I needed to spend my time reading a book that would have helped us out more. If you are looking for a hand holding book then this book is not the right one in my humble opinion.

I am so grateful for this book. I have potty trained my 3 daughters using these guidelines.

Before my daughter was born I started looking into information about elimination communication (infant potty training). I have been too overwhelmed to start, but this book convinced me that it was time to try. This book is not a very good how-to manual, but it gives great information about the benefits of early potty training. For how-to advice I recommend the DVD *Potty Whispering: The Gentle Art of Infant Potty Training*. Best of luck!!

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