

# THE 5 BIGGEST MYTHS ABOUT POTTY TRAINING

AND THE TRUTH ABOUT GETTING  
DIAPER FREE IN JUST ONE DAY!



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**And The Truth About Getting  
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## ***Introduction***

As the parent of a young child, you've been able to celebrate a lot of milestones.

First smiles. First steps. First words.

But as the mother of three myself, I can tell you that one of the most satisfying milestones will definitely be **the day you potty train your child!**

Why? Well, for starters, the average child will go through 3,796 diapers before being potty trained. **That's a LOT of diapers.** And you (or your partner) probably got to change almost every single one of them.

We all love our kids, but let's be honest here... Nobody really enjoys changing the poop diaper of a 2-year-old!

Becoming diaper-free will be a welcome relief for you – but it's also going to be **a very proud day for your child!** Kids love to feel “grown up,” and getting out of diapers will be a reason to celebrate for the whole family!

Unfortunately, there are a lot of ways to sabotage your child's chances of successful potty training. Almost all of them are a direct result of **The Five Biggest Myths About Potty Training.**

So, I've put together this booklet to explain the truth behind these myths – and why you shouldn't let them stop you from getting started today!

(Oh, and speaking of getting started... Make sure to read to the very end for a **special offer not available anywhere else!**)

To your diaper-free future,

*Dana Obleman*

Dana Obleman

Creator of *No-Sweat Potty Training*

## POTTY TRAINING MYTH #1:

# **Pull-up type training pants will help with the transition from diapers.**

Nope. In fact, pull-up type training pants basically ARE diapers, but with a fancier design and clever marketing. They prolong the process, are very expensive and can be confusing to the child.

Consider this: Before the invention of the disposable diaper in the 1960s, children were commonly trained by eighteen months, which just goes to show that kids that young are capable of being potty trained. Even in modern times, parents in over fifty other countries seem to have no trouble figuring out how to potty train their children by eighteen months (without training pants).

These days we train later and later, and many people believe kids still aren't ready to lose the diapers even after they've been introduced to the potty. It doesn't help that pull-ups are targeted toward parents to suggest that somehow kids will use them like "big kid" underwear and simply pull them down when they need to use the potty. Countless parents will tell you that most kids just comfortably continue to go to the bathroom in their pull-ups, just like they did in their diapers. And why not? It's easier and more familiar to them.

Training pants are a valuable tool only if your child is having trouble staying dry at night or on long trips. Otherwise, they just put off what needs to happen eventually. Sooner or later, your child will have to learn to use the toilet. Why not sooner?

## POTTY TRAINING MYTH #2:

# **Potty training is traumatic and could damage my child!**

Never fear. While in some cases your child's anxiety might seem overwhelming, all children make it through the process just fine, and there are no long-term psychological effects.

The key is patience and having a good plan. As long as you follow that plan in a fair, firm, and consistent way, there is really nothing you can do that will damage your child. The most important thing is to make sure your child feels loved and respected throughout the process. If everything goes to plan, your child should actually come out of it with an elevated sense of self-esteem. After all, she's doing something remarkably grown up!

When things don't go to plan, or there are fears or a lot of resistance, it can be stressful for your child, of course. Most changes are difficult for small children. But change is hard for anyone, and most of us manage to get through it unscathed. Kids are amazingly adaptable and resilient.

When our son was afraid to poo on the potty, necessitating months of rewards and gentle encouragement, his stress about it was concerning. But he got over it in his own time and had no long-term issues with toilet training. Don't worry: Whatever struggles your child is having with potty training will all be a distant, hazy memory a couple of years from now!

### POTTY TRAINING MYTH #3:

## **My child will tell me when he's ready to potty train!**

Um... no. While I encourage parents to take cues from their kids to indicate what level of potty-training readiness they might be at, such as ability to follow directions, communication skills, and general cooperation, waiting for your child to TELL you he's ready to be potty trained isn't the way to go.

Toddlers simply aren't mature enough for that kind of responsibility, and they also don't really understand what it all means, especially before they've gone through the process.

For example, it's not up to your child when to graduate from the potty chair to the big toilet. It's also not up to your child to decide that she wants to go back to diapers. That's YOUR decision, and if you're following "No-Sweat Potty Training," the answer will be "No!" 😊

#### POTTY TRAINING MYTH #4:

## **My child isn't potty trained unless he stays dry at night!**

Wrong. Bedwetting is a whole other ballgame, and even if your child keeps wetting the bed for months after potty training, yet manages to stay dry during the day, you can consider him successfully trained.

Children are all so different. Some, like our daughter Georgia, never had a problem with bedwetting. Others just can't seem to stay dry at night even if parents do everything they can to help: encouraging their toddler to pee right before bed, limiting fluids at night, and even waking their child up to go to the bathroom.

These kids just need more time for their neurological development to take place. Their bladders simply aren't communicating the message to their brain that they need to wake up. Time (and rubber sheets!) is the only solution to that problem.

But this doesn't mean your child can't celebrate his success with daytime training. And he will need extra encouragement so he doesn't start to feel like he's failing potty training because of his night-time accidents. He needs to be reassured that he's done a great job, that he's a big boy, and that it's not his fault he can't wake up at night to pee.



### POTTY TRAINING MYTH #5:

## **Boys are MUCH harder to train than girls!**

Boys have gotten a bad rap when it comes to potty training. Typically, they are thought to be slower and less willing to cooperate, and therefore many parents choose to wait until their boys are older before they start the process.

But while there is some truth to the fact that boys can take a little longer to get the hang of it (some studies show they are approximately 2.5 months behind girls), this doesn't necessarily mean you should wait to train them.

One theory is that, in most cases, the job of potty training is handled exclusively by the mother. Same-sex role models play a big part in potty training success. Get Dad, a big brother, or even an uncle or grandfather to take an active role in showing your son how to use the potty, and you should find that this speeds things up quite a bit!

## A Special Offer Just For You:

I hope this booklet has been able to clear up some of your biggest questions about potty training your little one!

The truth is that potty training a child can be **quick, easy, and even a lot of fun** – IF you follow a clear, simple system that both you **and** your child understand.

I designed *No-Sweat Potty Training* to be extremely easy for parents to follow... and **lots of fun for your child**. The very best part is that your child will be diaper-free (during the daytime) **after just one day!**

One day. That's it!

So if you're ready to get started, here's a link to a **very special offer** that I've put together just for parents who have downloaded and read this report:

[www.nosweatpottytraining.com/hidden\\_offer/](http://www.nosweatpottytraining.com/hidden_offer/)

**Click on that link right now** to grab your copy of *No-Sweat Potty Training* today!

To your diaper-free future!

*Dana Obleman*

Creator of *No-Sweat Potty Training*

P.S. Please make sure to use this special link, as this offer is **not being made available to the general public** on my website:

[www.nosweatpottytraining.com/hidden\\_offer/](http://www.nosweatpottytraining.com/hidden_offer/)