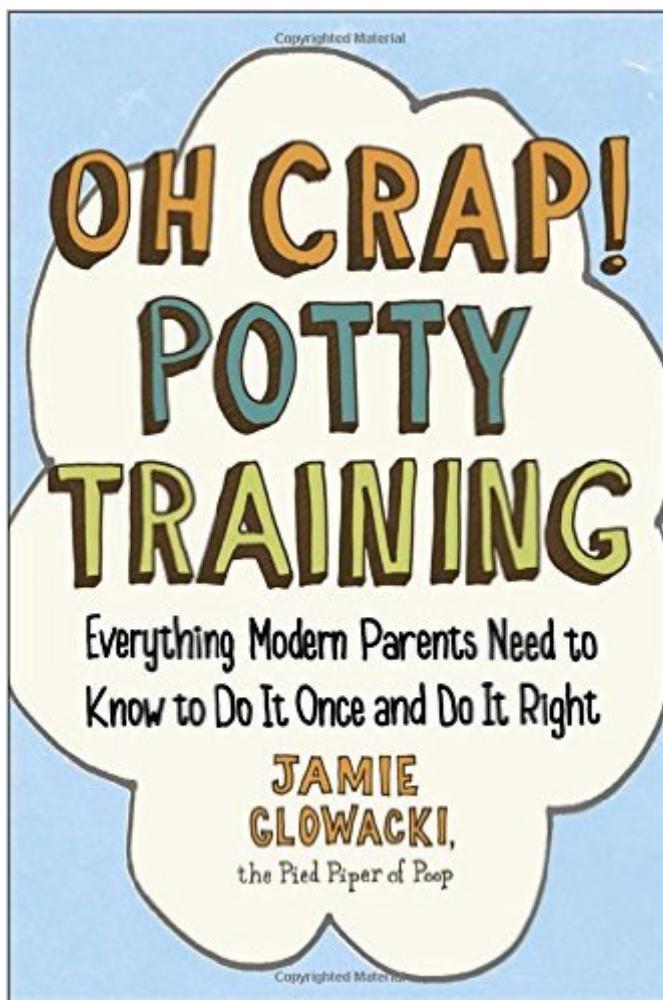


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# Oh Crap! Potty Training: Everything Modern Parents Need To Know To Do It Once And Do It Right



## Synopsis

Jamie Glowackiâ "potty-training expert, Pied Piper of Poop, and author of the popular guide, Oh Crap! Potty Trainingâ "shares her proven 6-step plan to help you toilet train your preschooler quickly and successfully. Worried about potty training? Let Jamie Glowacki, potty-training expert at OhCrapPottyTraining.com, show you how itâ "s done. Her 6-step, proven process to get your toddler out of diapers and onto the toilet has already worked for tens of thousands of kids and their parents. Hereâ "s the good news: your child is probably ready to be potty trained EARLIER than you think (ideally, between 20â "30 months), and it can be done FASTER than you expect (most kids get the basics in a few daysâ "but Jamieâ "s got you covered even if it takes a little longer). If youâ "ve ever said to yourself: \*\* How do I know if my kid is ready? \*\* Why wonâ "t my child poop in the potty? \*\* How do I avoid â œpotty power strugglesâ •? \*\* How can I get their daycare provider on board? \*\* My kid was doing so wellâ "why is he regressing? \*\* And what about nighttime?! Oh Crap! Potty Training can solve all of these (and other) common issues. This isnâ "t theory, youâ "re not bribing with candy, and there are no gimmicks. This is real-world, from-the-trenches potty training informationâ "all the questions and all the ANSWERS you need to do it once and be done with diapers for good. And check out OhCrapPottyTraining.com for more informationâ "including expert advice, support from parents just like you, and instructions for how to take part in the next Great Potty Challenge!

## Book Information

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## Customer Reviews

The daytime potty training worked ok, but the nighttime training section was BS (as in, the author wasn't lying, she was just making stuff up without regard to the truth). The authorâ "s method of

waking up the child multiple times per night is worthless. My own son was day-time potty trained and I decided to try the nighttime training process described in the book when he turned 3. I set alarms for myself to wake up my son and have him go potty. Over the course of several nights, he either wouldn't go potty, or had already peed himself and was happily sleeping in his pee. The method seems to assume that the child will go at the same time every night, but this doesn't really make sense, because it depends on a lot of factors like how much the toddler drank in the evening and when they drank it. My son certainly wasn't consistent. Since things weren't adding up, I decided to research the matter further. I found a multiple-study analysis by the NIH, which determined that parent-initiated waking of a child at night had no effect on long-term nighttime dryness. ("Nocturnal Enuresis: The Management of Bedwetting in Children and Young People.") Nighttime training seems to depend on a child becoming aware that their bladder has filled, which they won't really learn when it is someone else waking them up. In the nighttime section, the author claims that "The bladder is being developed at this age, and if it develops fully without the practice of holding and consolidating, those muscles will atrophy, and you will struggle indefinitely with bedwetting." This is complete nonsense because the same muscles are used for daytime and nighttime, so if they are day trained, their muscles aren't going to atrophy for nighttime use.

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