

# TRAINING DAY

There are many routes to a destination. Here are four different potty training methods to consider.

	<b>THREE DAY METHOD</b>	<b>SLOW + STEADY</b>	<b>DEADLINE</b>	<b>REWARDS</b>
<b>HOW IT WORKS</b>	You devote a long weekend to diaper-free training, with the goal of having your kid day-trained by the end.	Watch for signs of readiness and follow your child's lead.	You're focused on an end goal (e.g., first day of school) and use strategies consistently, all day, every day.	This method relies on rewards to entice your little guy into training.
<b>HOW TO PREP</b>	Stock up on fun underwear—and paper towels. There will be accidents.	Set up a potty in the bathroom or living room. Introduce the idea with potty-training books or videos.	Switch to cotton underwear and let her know she'll be going to the potty regularly all day. Create a bathroom chart to track her triumphs.	Stock up on stuff that will motivate him. You may also want to make a reward chart to track his successes.
<b>WHAT TO EXPECT</b>	Lots of messes, and possibly some frustration, are highly likely. Hang in there!	He may love sitting on a potty but not do much more, or he may pee once and then not again for a while.	If your training efforts have been sporadic, she may rebel at first, so keep the tone light but firm and focus on the successes.	You should see steady progress, as long as he's sufficiently persuaded by his rewards. (Ask him to help you pick them out.)
<b>HOW LONG WILL IT TAKE?</b>	If all goes according to plan, she'll be day-trained by the third evening.	Some kids will be quick learners, but because this is a casual approach, his interest could come and go.	A dedicated effort can help reluctant toddlers say goodbye to diapers within about two weeks.	You should be diaper-free within a few weeks.
<b>PROS</b>	You'll likely be saying goodbye to diapers in no time.	If your kid is ready, training is often quicker and easier, with less frustration for all.	With a target date looming, you'll be incredibly motivated to help her learn.	Since there's no pressure for him to learn quickly, this is a low-stress approach.
<b>CONS</b>	You're housebound for three days and totally focused on training.	This method can drag on for quite a while if your kid isn't fully ready.	If she knows there's a deadline or you seem stressed, she might freak out.	He may demand a treat after every trip to the loo. You'll have to wean him off.
<b>IS IT RIGHT FOR YOU?</b>	Easily frustrated or distracted toddlers might not take to this method.	If neither of you is sweating him spending extra time in diapers, you'll both do well with this approach.	Only if you can stay cool as D-day approaches, and ensure the training is a positive experience.	Most kids get the hang of a bribery system; it's just a matter of whether you're comfortable with it.