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**POTTY PARTY Method**  
The Easiest and Funniest Way to Potty Train Your Child!

**POTTY PARTY**  
**Method**  
**Quick Glance!**

**For those busy days  
when there just isn't enough time!**

Sorry, the lawyers make us say this stuff...

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# PREPARATION

## MENTAL PREPARATION

- **Mindset: “I CAN do this!” and “I WILL do this!”**
- **The 4 C’s: Commitment, Confidence, Cooperation, Consistency**
- **Positive attitude, patience, SMILE! 😊**
- **You are the parent, and YOU are in control!**

## PHYSICAL PREPARATION

- **End before-sleep drinking.**
- **No more diapers in the house.**
- **Use a wetting doll to show your child what potty training is all about.**
- **Go shopping (see the shopping list included in the Potty Party Method book).**
- **Clean the bathroom and prepare your environment for the Potty Party.**
- **Prepare your vehicle.**

# POTTY PARTY DAY

- 1) Check the bathroom and make sure your environment is ready for the Potty Party.
- 2) Send siblings and pets to Grandma's.
- 3) Wake the potty trainee (wake her up so you can catch the first morning t-t).
- 4) Immediately take her to the bathroom.
- 5) Remove everything off her bottom.
- 6) Let her sit on the potty.
- 7) Entice her to stay there for an extended period of time by giving her something to eat or a new toy to play with.
- 8) When she is ready to get off, allow her to get up and check the potty for t-t.
- 9) If she went t-t, give her big praise and happiness. Wipe her. Tell her she gets a success treat!
- 10) Let her wash her hands.
- 11) Give her a success treat.
- 12) Clean out the potty bucket by pouring the contents into the big potty and thoroughly drying the bucket.
- 13) Let her flush the big potty.
- 14) Set the timer for 20 minutes.
- 15) Play in the bathroom together. No underwear on the potty trainee.
- 16) Give her lots of liquid to drink so that she gets the urge to t-t frequently.
- 17) When the timer goes off, she sits on the potty again. No questions.
- 18) Entice her to stay on the potty for a while by giving her something to eat or something to play with. She determines how long she stays on the potty.
- 19) When she is ready to get off the potty, check the potty and see if she t-t'd. If so, success treat. If not, no worries...just let her try again in a few minutes.
- 20) This is how your Potty Party day goes!
- 21) At naptime, she wears a Pull Up. Have her try to t-t right before nap.
- 22) After nap, remove the Pull Up and immediately start the Potty Party over again until she has a success in the potty.
- 23) After a success in the potty, set the timer for 20 minutes.
- 24) You can now leave the bathroom, but stay close, and preferably on tile in case there's an accident. Keep underwear off. Continue with lots of liquids.
- 25) When the timer goes off, time to try to t-t. Entice her to stay on the potty to allow the t-t to come.
- 26) Continue this way for the afternoon.
- 27) Take her to the potty immediately before bedtime. Pull Up for bed.

# THE AFTER PARTY

## Intense Phase

- Immediately following the Potty Party day, lasting for a couple days.
- Potty training is still your main focus.
- Stay home and close to the potty, preferably on tile.
- Continue with liquids.
- Child can remain bottomless, or wear her character underwear.
- Set the timer for every 20 minutes.
- Every time the timer dings, child tries to t-t.
- Pull Ups for sleep time.

## Less Intense Phase

- From the 4<sup>th</sup> day on...
- Life goes on, but potty training is still top-of-mind.
- Child wears training underwear when you leave the house; character underwear at home if she wants to (training underwear gives you more reinforcement if there's an accident, so it's better for leaving the house, when it's less convenient to clean up an accident).
- Child should be pretty dependable by this point, but you still need to set your timer when at home, and continue to remind your child to potty when you're away from home.
- Stay on top of the potty training! Backsliding usually occurs when parents get too laid back with potty training.

# ACCIDENTS

Accident will happen occasionally. Never punish. Just be matter-of-fact and clean it up. Remind your child that since she's a big kid now, she has to t-t in the potty! Check yourself and make sure you haven't become too laid back with potty training. Again, **NEVER PUNISH or humiliate!**

