

BRANDI BRUCKS



POTTY TRAINING IN 3 DAYS

THE STEP-BY-STEP PLAN
FOR A CLEAN BREAK
FROM DIRTY DIAPERS



FOREWORD BY DR. FREDRIC DAUM



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The Step-by-Step Plan for a
Clean Break from Dirty Diapers

BRANDI BRUCKS

Foreword by Dr. Fredric Daum
Illustrations by Cleonique Hilsaca



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I DEDICATE THIS BOOK TO MY
HUSBAND, WHO NEVER ONCE TOLD
ME MY JOB WAS WEIRD.

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FOREWORD

AS DIRECTOR OF THE Bowel Management Program at a university teaching hospital in New York and medical director of the Encopresis Center, I toilet train more than 1,000 children each year. These are children ages 3 to 12 who have functional constipation (stool withholding, fecal soiling, encopresis) and urinary tract issues. All the children I work with have one thing in common: They are behaviorally resistant to toilet training.

In my experience, following a well-conceived and well-structured plan is the key to toilet-training success. With successful toilet training, your child will have a better self-image and better focus. When you can throw the diapers away after just three days, the result is a beaming, happy, confident child.

In this book, Brandi Brucks has defined the essence of potty training. She understands that the parents' mind-set is what makes or breaks toilet training. Brandi reminds me of the best teachers I had in school who emphasized consistency, firmness, and structure. They were the bosses. Brandi's challenge to doctors who advise that you "wait until your child is ready" is unique and refreshing. She encourages parents to take command and enables them to make good decisions. You don't need to ask your child for permission. You can get it done!

This book is a must for every parent's bookshelf. It reminds parents how rewarding potty training can be. Follow Brandi's suggestions. Look at the summaries she provides. They are a wonderful guide. Like Brandi says, take charge, be optimistic, and always be encouraging. When it comes to toilet training, don't be a friend. Be a parent.

Dr. Fredric Daum
Mineola, New York

INTRODUCTION

Knock, knock.

The door opens slowly and a woman in her sixties gives me a confused look.

“Can I help you?” she asks.

“Yes, I’m Brandi, your potty-training consultant. May I come in?”

“You don’t look old enough. I was expecting someone a grandmother’s age.”

“Well, I am definitely not a grandmother, but I can assure you I have a lot of experience. I have a master’s degree in education, and I have worked with children for many years.”

“I didn’t know you could go to school to learn how to potty train.”

“You can’t. I just accidentally became really good at it.”

AND THAT IS A TRUE STORY. I had always dreamed of becoming a teacher, which is why I earned my MA in elementary education from Simmons College in Boston, Massachusetts. Immediately after graduation, I moved to Austin, Texas, where I thought I would find my dream job as a teacher. But, shortly after I moved there, there was a statewide hiring freeze for teachers.



What was I going to do? I started nannying.

Families have changed so much. Years ago, when there were more stay-at-home moms, potty training tended to happen in private, without much discussion. Today, there are more children who grow up with both parents working outside the home. And potty training isn't something every parent has the time (or the desire) to do. Everywhere I went as a nanny, it seemed as if someone needed to be potty trained.

That was my cue.

Never in a million years did I imagine I would potty train other people's children for a living. My clients open their homes to me, and I love spending a few days with different families. It has been such a wonderful experience. I tear up every time one of "my kids" pees on the potty for the first time—although I will deny it!

My biggest joy in writing this book is knowing I can help so many people who feel overwhelmed—or just clueless—about how to potty train their children. You absolutely can teach your child the fundamentals of potty training in three days. In this book, I will give you the confidence to tackle any crappy situation. :-)

Stay strong! You are the parent. You can do this.

before
the
three
days

- 1 timing is everything**
- 2 always be reasonable**
- 3 learn to speak potty**
- 4 introduce the toilet**
- 5 prepare for the three days**



STEP 1:

timing is everything

My son seems interested in the bathroom, but he doesn't do anything when I put him on the potty.

My daughter throws a screaming fit when I try to sit her on the toilet.

I put my daughter in underwear, and she peed all over the house—never once in the toilet. What am I doing wrong?

I tried potty training my kid three times, and nothing has worked! What if I mess this up?

IF THIS IS YOU, TAKE A DEEP BREATH. Relax. I am about to make this whole potty-training thing so easy, you're going to wonder where I have been your whole life. Well, maybe not your whole life, but at least the recent part involving diapers, poop, and pee.

when to start

So you have a kid in diapers and you no longer want the kid to be in diapers. Great!

You both are ready to venture into the crazy world of Toddler-dom, which means your baby is no longer a baby.

But Little Bob will always be my baby!

Yes, I know, but as far as potty training is concerned, Little Bob needs to be a “big boy” now.

Every child is different, of course, so while there are quite a few signs indicating whether or not your child is ready for potty training, making sure