



# Stress-Free Potty Training: A Commonsense Guide to Finding the Right Approach for Your Child

*Sara AU, Peter L. STAVINOHA*

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Successful potty training begins with the approach that is right for your child. Is your toddler frightened of the process, afraid even to go near the bathroom? Or does he or she seem to know when it's time to go, but can't quite make it there in time?

This insightful guide helps take the stress out of the situation. The book distinguishes between common childhood personality types, providing simple strategies tailor-fit for your child, whether he or she is sensitive or stubborn, cautious or impulsive, goal-oriented or clinging to diapers. A quick quiz helps you pinpoint which method will work best. You'll learn how to:

- Determine your child's readiness
- Build on each success—without adding undue pressure
- Handle accidents and temporary setbacks
- And more

Now in its second edition, *Stress-Free Potty Training* also provides targeted techniques for challenges including toilet training resistance and refusal to poop as well sensory issues. Filled with straight talk and practical advice, it takes the worry out of this important life transition.

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