

Help your child avoid a future of constipation, accidents, and bedwetting!

Make sure any child who's training:

7 CRAZY IMPORTANT Rules for Potty Training Success

#1



Poops **PLENTY** o' mushy stool daily – before training starts.

Logs or pellets signal constipation. When pooping is already painful and incomplete, toilet training won't go well.

#3



Is around age 3 – absolutely not younger than 2.

Children trained before 2 have triple the risk of developing enuresis. Toddlers often ignore the urge to poop and become chronic holders.

#2

Faces no deadlines, pressure, or expectations.

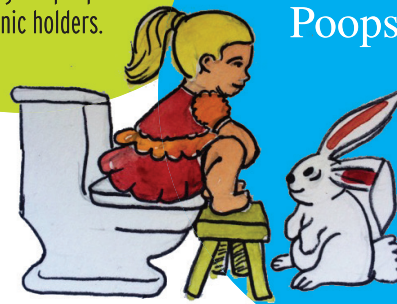
Potty boot camps and preschool requirements prime children to hold poop. A hard stool mass forms, squishing the bladder and triggering accidents.



#4

Poops with feet on a tall stool.

Humans were designed to squat when pooping. A tall stool positions the child to empty more fully and easily.



#7

Eats “real” food, especially fruits and veggies.

Highly processed “food products” like goldfish crackers, hot dogs, and chicken nuggets foster constipation.



#6

Pees every few hours – no potty dance!

Frequent peeing keeps the bladder stretchy and capacity large. Chronic pee holding thickens, shrinks, and irritates the bladder.



#5



Continues to poop **PILES** o' mush daily.

If mushy blobs become pellets or XXL logs or pooping frequency drops, treat the constipation and back off training.

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