Potty Training In One Day Method:

This method is based on basic concept:

Best way to learn is to teach it!

This method has the parent show the child how and why you go potty. By using a potty training doll, the parent will feed the doll water, then have the doll go potty over a potty chair. After the basic concept is taught, the child then will teach the doll themselves how to go potty.

The "One Day" is actually what they call the "Big Day" where you spend a few hours practicing proper potty training behavior. After this initial "first day" you will spend a few days following staying consistent with accidents.

For more information, please see Potty Training In One Day.

Pros:

Quick - This typically can be done in under 2 weeks.

Is a structured method

This was made famous by Dr. Phil

Proven method make by 2 physiologists

Originally designed for children with special needs

Cons:

Takes planning and preparation

Is a structured method

Requires follow through by parents

Make to look easy

How to Potty Train in One Day

62

The technique is focused on the one day, which I like to call the "Big Day". This is the day when the actual potty training is done and your child will give up diapers forever and start using "big kid" underwear.



However, as many other things in life, in order for you to have a pleasant and successful "Big Day" you will have to spend some time preparing and planning for this day.

Planning and Preparation Guidelines:

Get ready for the "Big Day". Position yourself for success by making sure that both you and your child are ready to do this and you have everything you will need. My recommendation is that you read this entire guide at least once, before you start to potty train your child.

Is your child ready to be potty trained? Go through the child readiness section (page 13) to see if your child is physically and mentally ready for this challenge.

Read through the Do's and Don'ts of Potty Training

Make sure you have all the potty training products required to potty train your child.

Select a distraction free day called the "big day" that you will dedicate to potty training your child.

Summary of "The Big Day"

Potty Training in One Day focuses on the one day called the "Big Day". Actual time can be anywhere from 1 day to 2 weeks.

On that "Big Day" you will switch from using diapers or pull-ups to using potty training pants.

Then with your assistance and guidance your child will teach his/her potty training doll to go potty. S/he will start by giving the potty doll water. Give your child his/her favorite drink as well. Then your child will remove the doll's potty training pants and will make the doll pee on the potty.

You will both celebrate and throw a big potty party for the doll for being such a big boy/girl. You will make the doll feel special and grown up. You will also let your child know that s/he will also have a big potty party when s/he urinates in the potty. Dr. Phil suggested that you also tell your child that s/he could call his/her favorite superhero or person.

Continue to give your child fluids and ask him if s/he wants to go pee in the potty.

 While waiting for your child to pee, make the potty training doll have an accident. In a very positive way, teach your child the consequences (see parenting with consequences) of having an accident - make the doll practice going to the potty 3 times.

You also want to encourage your child to practice pulling his/her pants down and sitting on the potty.

When your child pees in the potty, you will celebrate your child's success with a celebration of praise!

When your child has an accident, you help him clean up and change. Then practice going back and forth to the potty 9 times.

When your child has an accident, you help him clean up and change. Then practice going back and forth to the potty 9 times.

By Mike Celizic

TODAY contributor

updated 6/9/2008 10:58:06 AM ET

Print Font:

An operator of a so-called “Booty Camp” in suburban Chicago has a claim that will astonish parents of droopy-diapered toddlers everywhere. Give her five hours, she says, and she’ll give you a potty-trained toddler.

Impossible? Not according to TODAY’s Al Roker, who offered an unsolicited testimonial. “I actually took my son to this, and it works,” he said. “One day.”

Sweeney, a registered nurse and the mother of six, told TODAY’s Ann Curry that her system actually works about 98 percent of the time. Based on Nathan H. Azrin’s book “Toilet Training in Less Than a Day,” the woman who is called the “Potty Whisperer” trains parents as much as she teaches the toddlers.

Her No. 1 rule for one-day potty training? “Never ask if they have to go,” she said. “If you ask them if they have to go potty, then you are the one who is in charge of their body. We’re trying to transfer that responsibility over to them. So we just tell them if you have to go potty, go in the potty.”

In a prerecorded piece reported from Sweeney’s home by TODAY’s Natalie Morales, Sweeney said that the responsibility extends to cleaning up messes. “If you guys go pee and poo in your pants, you’re going to have to clean it up,” Sweeney tells her class of small fry.

Age requirement

Toddlers have to be at least 2½ years old to take the training, because that is when they are able to understand simple commands and to control their own bodies. Some get it in 15 minutes, others take the entire session. Sweeney asks parents or caregivers to set three days after the session aside to reinforce the lessons.

Sweeney also trains special-needs children, but says some of them may take up to two weeks to learn to use the potty. Sweeney remains available as a consultant for the two weeks as part of her $250 fee — money that’s quickly recouped in the savings from not having to buy disposable diapers.

Each child arrives with a parent or primary caregiver, but the grown-ups are sent to the sideline to act as a cheering section while Sweeney does the hard work. She’s tough, and when one little girl throws a tantrum when she’s asked to bring her potty chair into the room, Sweeney works through it calmly but firmly.

“In order to set them up to succeed, just make sure that you’re setting aside that time and make sure you remember that it’s not about you,” Sweeney said. “The child needs to be confident themselves, so once they begin to take responsibility for their body, they’ll be proud of themselves and then continue that behavior. So give them all the tools they need to succeed. Tell them exactly what they need to know.”

Sweeney loads the kids up on salty snacks and sugary drinks, but lest parents be appalled at that, she explains that there is a method to the apparent dietary madness.

“It is only for a short duration. It is not a diet that I recommend,” Sweeney told Curry. “The salty snacks make the kids more thirsty, so they drink more. It also draws water into the bowel and that softens the stool, and it helps prevent the constipation when the kids get nervous and want to start holding. The sugary drinks never quench their thirst, so they end up drinking more, and that gives them more opportunities to go to the bathroom in that short period of time.”

Then it’s a matter of waiting for nature to issue its call and for the children to understand how they are supposed to answer it.

“Tell them if you have to go to the bathroom, walk over to the potty, pull your pants down and go potty in the potty,” Sweeney said. “Tell them that they need to listen to their body and when they need to go, it’s their job to go over there.”

To those who would suggest that her firm insistence and enthusiastic high-fives and praise for success might damage a toddler’s delicate psyche, Sweeney says, “It’s a very caring environment. I’m teaching the kids to be responsible for themselves. I’m certainly setting an expectation up for them so that they can rise to it. I don’t expect anything of any child that they can’t accomplish. We give them all the tools that they need so that they can succeed.”

And succeed they do. Sweeney says she’s graduated nearly 500 kids, including the little girl who had thrown a tantrum in the piece reported by Morales. By the end of the session, she was bragging to everyone present, “I went pee in the potty!”

The words were music more beautiful than Mozart to every parent’s ears.