

The Potty Boot Camp: Basic Training for Toddlers is a unique new toilet training method developed by Dr. Suzanne Riffel. The Potty Boot Camp works for nearly every child because it combines the most successful and enduring toilet training techniques.

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THE POTTY BOOT CAMP:  
BASIC TRAINING FOR  
TODDLERS

SUZANNE RIFFEL

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The Potty Boot Camp: Basic Training for Toddlers  
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## CHAPTER ONE: THE POTTY BOOT CAMP

Whether you are ready to toilet train your eighteen month old or your three year old, you are about to embark on a frustrating yet ultimately rewarding phase of your child's development. I toilet trained my daughter at twenty months. At the time, I did not really think this was anything miraculous (and still do not.) Surprisingly, however, other moms that I met thought it was! I was constantly amazed at all the comments I received such as, "Wow! Is your daughter potty trained? How old is she?!?" The most common thing I was asked was, "How did you do that???" I decided to write it all down and pass along my program for potty training, which I now call "The Potty Boot Camp."

Although I encourage early potty training (before age two), the program works well for children eighteen months and older. The entire process will take three to four weeks; however, 90% of the training will occur in just one day! Your child will go from diapers to underwear overnight, and the following days and weeks are just follow-up intended to reinforce what they have learned. Think – In a matter of weeks, your child will be diaper free and reliably using the potty!

I would like to make a disclaimer. I am not a professional potty trainer - I am an eye doctor and a mom. If you get a sharp poke in the eye, I can help – my training covers that!

One thing I discovered, however, while potty training my daughter, is that there were certainly days I would have preferred being poked in the eye. It would have been easier than the entire potty process. It would have been easier than the entire potty process. I wish someone had provided me with a very specific,

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“how-to” manual so that I did not have to experiment or feel so lost while going through the process. I have, I believe, figured out a fairly quick and easy way to potty train your child. It worked for us, and I hope that it will work for you as well.

My goal with this book is to help other moms who are struggling the way I did when deciding how to potty train my daughter.

Here is what I found during my research:

1. There were many books about training - all of which were hundreds of pages long. I personally do not have time to read anything longer than “Goodnight Moon”. This book is short – on purpose.
2. There was a lot of theory and very little how-to.
3. Many websites and publications promise a guarantee. I am sorry, but life makes no guarantees. Those claims made me suspicious.
4. There is too much conflicting information. Train early, train late, let the child self-train. My head was spinning.
5. As much as I would like to believe it possible, I concluded there is no easy or miraculous potty training method.

In the end, I did not find what I was looking for, which was a short, to- the-point, “cookbook-style” approach to potty training, and one without a lot of psychology. I wanted a flowchart or checklist that I could easily follow. After filtering through all of the information, I did find that I liked various aspects of each method I researched, and therefore my final training procedure is a combination of four of the most common toilet training techniques.

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I am not naïve enough or arrogant enough to think my method will work for everyone. It did work for me, but I am hoping that each of you will e-mail me with feedback about how this program worked for you and your child. A unique feature of The Potty Boot Camp is that it is consistently evolving based on questions and feedback that I have received from parents like you.





## CHAPTER TWO: THE POTTY BOOT CAMP CONCEPT

If you have done much research about toilet training, you probably have heard of the "Train in a Day" method, the "Naked and \$75" method, the "Timer Method", and more. The concept behind The Potty Boot Camp is to combine the best of the best potty training methods.

Summarized below are some of the most common and well-known techniques:

### **"The Train in a Day" Method**

The "Train in a Day" Method was first made popular back in the 1970s by the authors Azrin/Fox in a book entitled "Toilet Training in Less Than a Day." More recently, Dr. Phil and Narmin Parpia have endorsed this training method. The basic premise of this technique is to go "cold-turkey" with diapers. One morning you announce to your child that they will no longer wear diapers. The child spends the next four to eight hours learning proper use of the toilet.

During those four to eight hours, your child learns how to use the toilet by playing with and teaching a doll proper use of the potty. The toddler receives positive reinforcement when successful and negative enforcement when there is an accident. The negative reinforcement involves "toiletting drills." Positive reinforcement consists of rewards, a "potty party" and/or a "super hero" phone call.

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### **"The Timer Method" of Toilet Training**

The timer method is a technique considered by many parents to be less stressful for both parent and child than the "train in a day" method, however can take weeks to months to be successful. The parent sets a timer for pre-determined intervals. When the timer rings, the child is taken to the toilet for a potty session. If the child is successful, a reward such as a sticker is given. There is no negative reinforcement for accidents. As potty skills become more reliable, the interval between timer settings becomes longer.

This method can be difficult if you have a particularly stubborn child. Keeping motivational levels high for an extended period of time - enough time for the child to "catch on" - can be challenging.

### **"The Naked and \$75" Method**

The Naked and \$75 method is the training technique endorsed by Dr. John Rosemond. Dr. Rosemond believes that toilet training should be simple and no-nonsense. The children are empowered to train themselves.

Training begins with an explanation of how and what is expected of the child. Parents show by example and explanation, and then tell their children, "Now it's your turn. Mommy and Daddy expect you to use the potty from now on." The child is naked for three to seven days while they learn how to use the toilet. The premise behind having the child be naked is to help to teach awareness of bodily function. (It is much easier for a child to realize they are pooping and peeing when it is running down their leg rather than

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having it land in an absorbent diaper.) The parent or caregiver is there to provide assistance if needed, but remains hands-off during the training process. (The \$75 is for the inevitable carpet-cleaning bill!)

### **"Child-Centered" Toilet Training**

Child centered potty training puts the child in charge of when and how to train. Many parents use this method with older kids (Two and a half or older) who have decided on their own that it is time to get rid of diapers. This is one of the most common trends in potty training children today. Children who have reached this decision on their own might be easy to train, however the disadvantage is that for many other children the "habit" of using diapers has become so ingrained that convincing them otherwise is very difficult. Late potty training can interfere with a child's admittance into preschool or participation in various activities. In addition, diaper usage typically costs parents an average of \$1000.00 per year. Coincidentally, the introduction of "Child-centered" potty training coincided with the invention of disposable diapers. Prior to that time, diaper wearing meant diaper washing! Parents had much more incentive to toilet train early rather than leaving timing up to their toddler.

### **"The Potty Boot Camp"**

With my training method, your child will train in four phases: Prep Work, "Boot Camp", Reinforcement, and Maintenance. Not all children are the same, so it is unrealistic to think that any one potty training method will work for every child. With The Potty Boot Camp, if your child just is not "getting it" during one phase, they will most likely catch on as you move on to the next. The

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Potty Boot Camp: Basic Training for Toddlers is brief by design. Parents of toddlers are incredibly busy, and most of us have little time to sit and read. Please forgive the lack of any “filler” material that would serve no useful purpose except to sell you a book with more paper!

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