**No Cry 48 Hour Potty Training Solution**

The first helpful thing to understand about a child’s natural bodily processes, is that night dryness is one of the first parts of developmental readiness and it happens for most children anywhere from 9-18mos old. Meaning, if you put your baby down to sleep without a diaper on – no bottoms, they will be dry upon FIRST waking. So for a 2 year old, this readiness has long been there, but most parents leave sleep diapering as a last step instead of the first step. This works against a child’s natural ability to stay dry in the night, and diapers confuse the process.

The second thing to understand is that continual use of diapers in any form – especially pull-ups, confuses and prolongs the process, potentially causing set backs and frustrations for all. When you decide to potty train, it’s all diapers out of the house, no more diapers ever again, for any reason, at any time for the best success.

**THE METHOD**

**Prep:**  If you have a large home, hang out in several rooms in the day, have stairs – you will want to purchase more than one small potty to put upstairs and downstairs and have in a couple main places, ie: not just the bathrooms. Put one in the living room, kitchen, bedroom – wherever the child will be.

Find 48 hours where you can be home with the child without needing to go anywhere and without visitors or distractions. Don’t attempt this until you can be ready to spend the undivided time. The child will be bottom-less during this time.

1. Put the child to bed with no diaper on at all – no underwear, no bottoms. Prepare the child that when he gets up he will use the potty. Always stay upbeat and excited about the process.
2. Set your alarm, or be ready to move quickly if the child wakes. The idea is to wake the child up in the morning, before they wet. The child should be dry, and will need to pee right away. Take the child immediately and cheerfully to the potty, and have a treat like M&Ms ready to distract them for when they go potty. The child WILL pee on the potty, because they will HAVE to go after being dry all night. Give them the special treat and some water to drink and celebrate. You’ve started the process off with success right away.
3. Continue to put the child on the potty every 30 – 60 min or so throughout the day, keeping the child bottomless/naked all day. Naps should also be kept bottomless. Repeat step 2 for nap waking.
4. If a child starts to pee and they are not on the potty, rush to grab them and put them on the potty chair to finish. Then celebrate with M&Ms, even if most of it ended up on the floor.
5. Keep it 100% positive with lots of confidence in the child that they will get it and that you are so proud that they are old enough to do this.
6. Do not put a diaper on the child at any time. Or a pull up. Trust the process. Give it 48 hours. The child may be completely potty trained after 24 hours.
7. You can move to trying underwear after 48 hours, but you will need to still be very vigilant about getting him on the potty very often.
8. If there is a set back, do not go back to diapers. Just remove underwear – try shorts/pants only, or back to naked at times, and increase accessibility to potty chairs in the home.