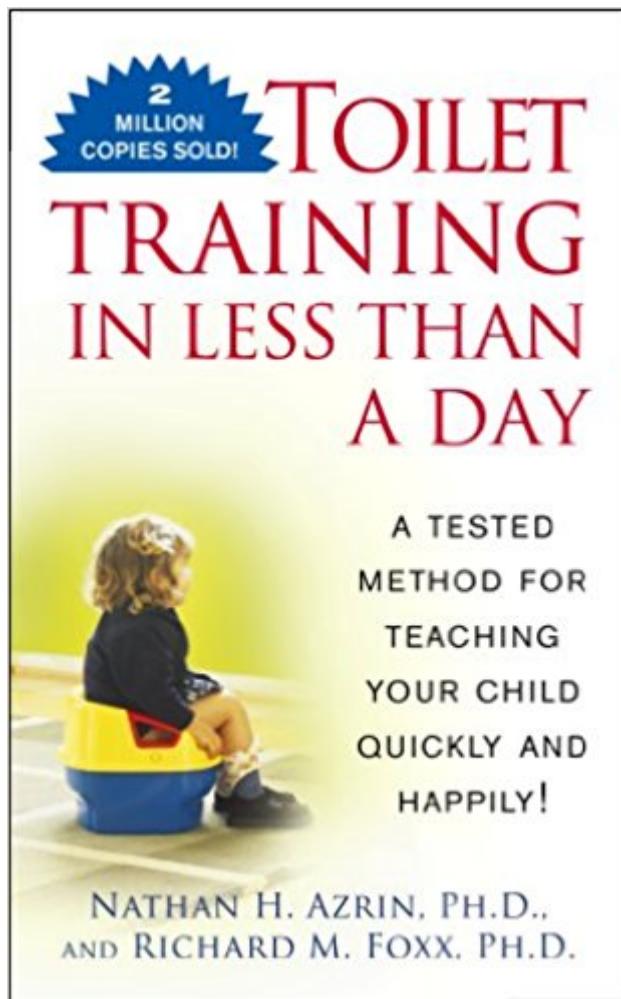


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# Toilet Training In Less Than A Day



## **Synopsis**

From two noted learning specialists, here is the amazing, scientifically proved Azrin-Foxx method that teaches potty training quickly—*in less than four hours for the average child*. The classic guide used by millions of parents! Make potty training a total success—*in only a few hours!* After that rewarding learning period, he or she will willingly use the toilet without assistance or a reminder! Also inside is a wealth of information on related topics, including: *Unexpected benefits*—*your child's newfound pride and independence can increase eagerness to feed and dress him- or herself, and improve responsiveness to parental instruction* *Pre-training techniques* every parent should know *Bed-wetting problems*—*and how this method can help end them* *Happy children, happy parents*—*how mastering potty training benefits the whole family, increasing parents' personal time and deepening the parent-child connection.* With more than 2 million copies sold, *Toilet Training in Less Than a Day* is the one guide you'll need to make this significant transition a rewarding and pleasurable experience—*for both you and your toddler!*

## **Book Information**

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## **Customer Reviews**

Nathan H. Azrin, Ph.D., is the father of four children and a leading authority on the psychology of learning. He received his Ph.D. from Harvard University, was a research associate at the Boston University School of Medicine, and has been a lecturer at Harvard's Psychology Department. The former editor of the *Journal of Applied Behavior Analysis* and the *Journal of the Experimental*

Analysis of Behavior, he has published more than 100 studies in the field of learning and psychological treatment.

Really helpful. We had our 2.5 year old boy trained in about 14 hours. He's never gone back to diapers, but is dry in the morning 80% of the time and keeps his pants dry 95% of the time (most his accidents are tiny half-dollar sized "dribbles") We now encourage him to keep his pants dry AND to "keep the dribbles out". But hey... I'm 28 and am guilty of pee spots!

Due to reading this book and using the techniques found in this, my twins were potty trained in one weekend and have never had an accident for over a year and a half. A must read for parents that want to potty train kids and are committed to the process. May make for a long day or two but so worth it!

My sister used this method with her girls, so when we were ready to PT our son, I decided to give it a try. I had read several other books and methods, too, but this really made sense to me. You do need to make sure that your child passes all three of the tests for potty training readiness, though. I have to admit, I jumped the gun as our son does not have enough bladder control yet. Our son did very well with the rest of the training, and is still able to empty the potty in the toilet, flush the toilet, replace the potty seat container, wash and dry his hands. Once his little bladder is ready, I will definitely go through the training again. Like some of the other reviewers mentioned, handwashing was not part of the original training, but both my sister and I incorporated it into the training. Also, I couldn't stand the idea of training in the kitchen as our bathroom was far from that area. Both my sister and I did the training in the bathroom. I would definitely recommend this method! I did have to read and reread the book several times in preparation for the training.

A friend let me borrow her copy of this book and I used it for training my developmentally delayed daughter. I have now bought a copy for my sister to train her daughter. If you read the entire book and go through all the recommended steps of preparation before beginning the training you will have success. Due to my daughter's disability I was skeptical that my daughter would ever be fully trained and she has been independently using the toilet for over a year now. It took us about 3 days of intense hard work but after a week we were accident free. I found this system to be very positive. My daughter was motivated by bubbles, high 5's, and words of praise. She still wants me to praise her when she goes potty even now. She felt very proud of herself when she stopped having

accidents. We modified the practice and only did it three times in a row instead of 10. I took notes and made a plan on paper before we began. I had her drinks, prizes, doll, and books ready. Some people have been critical about using junk food for motivation, we used bubbles as a prize. Motivate your child according to what you feel is appropriate. Once we started we never put on another diaper. When I mentioned diapers she told me no I go on the potty! This process is intense and if you truly commit to the process it will work.

Bought it for my daughter to use to train her 3 year old daughter...it worked....just like it did for my 3 children greater than 30 years ago. Her only feedback was that it was a tad dated with examples related to current events and times.

I bought this to train my 2 1/2 year old girl. I read it thoroughly, and it's pretty darn complicated. But I took copious notes, wrote myself a list, did everything Azrin recommended leading up to the "day." So, I followed it pretty closely. But what ended up happening is that in the 4 hour training period, my daughter kept having "accidents" (5 or 6 in the 4 hours), so we spent much of the training time doing the "practice" - and the practice takes a while, so by the time we finished, she would have another accident. So, she didn't get the POSITIVE experiences in the 4 hours, which kind of sucked. So I modified things a bit, did less practice, and we started having some success. It's one week later, and my daughter self-initiates sometimes, but she's learned not to have accidents - which means, a lot of the time, she's holding her pee and poop for too long, and so sometimes, makes it to the potty, and sometimes doesn't. She's quite stubborn, so I'm still kind of working on the right approach for this. But she has made great progress in a week, and I really think that's largely due to this book. So, I'm not sure 4 hours is realistic, but this helped my child make progress in terms of pottying. She's not too far from the goal, and it's been a week. I also might have had more trouble, because we had tried a little potty training earlier, and she got very afraid, especially of her poop, in the potty, so we laid off for 3-4 months. So, we had to overcome that for her, which I think we've done, with Azrin's help. That's my theory about why we didn't have success in the 4 hours.

I used this book 30 years ago for both of my children, the system worked perfectly! I ordered this for my daughter who's little boy decided on his own he was ready at 24 months, and even though he goes to preschool, the teachers were supportive of the system. This book uses psychology to teach a very comprehensive method. One very impressive part of the method is that the child learns how to "teach" their baby doll how to use the potty! It's amazing.

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