

# The Healthier Way to Toilet Train and Help Your Child Out of Diapers Sooner

Toilet training is a big milestone for both parents and children. It can be a challenging process, but it's also an important one. The healthier way to toilet train your child is to start early and to be patient. With the right approach, you can help your child out of diapers sooner and avoid the common problems that can come with traditional toilet training methods.



## Diaper-Free Before 3: The Healthier Way to Toilet Train and Help Your Child Out of Diapers Sooner

★★★★☆ 4.4 out of 5

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## Why start early?

There are several reasons why starting toilet training early is a good idea. First, it gives your child more time to learn and to develop the skills they need to be successful. Second, it can help to prevent constipation and other potty training problems. Third, it can make the process less stressful for both you and your child.

## How to start early

You can start toilet training your child as early as 18 months old. However, it's important to be patient and to let your child learn at their own pace.

Here are a few tips to help you get started:

- Talk to your child about potty training. Let them know that you're going to start teaching them how to use the potty.
- Show your child where the potty is and how to use it. Let them sit on the potty fully clothed at first.
- Encourage your child to use the potty regularly. Even if they don't go, it will help them to get used to the idea.
- Be patient and supportive. It may take your child some time to learn how to use the potty. Don't get discouraged if they have accidents.

### **Common problems and how to avoid them**

There are a few common problems that can occur during toilet training.

Here are a few tips to help you avoid them:

- **Constipation:** Constipation can make it difficult for your child to poop. If your child is constipated, talk to your doctor about ways to relieve the constipation.
- **Holding urine:** Some children may hold their urine because they're afraid of using the potty. If your child is holding their urine, talk to your doctor about ways to help them relax.
- **Accidents:** Accidents are common during toilet training. Don't get discouraged if your child has accidents. Just clean them up and encourage them to try again.

Toilet training can be a challenging process, but it's also an important one. By starting early and being patient, you can help your child out of diapers sooner and avoid the common problems that can come with traditional toilet training methods.



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