

It takes (No.) 2

Thrifty potty-training demands teamwork between child, parents

By Carley Thornell

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For hard-core potty training, pediatric nurse Wendy Sweeney has just the thing: booty camp.

The Chicago mother of six, who's been featured in People magazine and on the "Today" show, says she doesn't take any ifs, ands or "butts" from the kids, who must attend with their parents.



“In class I set expectations for each child that are very individual. I guide them and push them and teach parents how to support them,” Sweeney said. “Kids don’t get out of doing things here because they’re afraid or don’t want to. You have to turn it around to make them think (training) was their idea.” It’s about mind over waste matter for parents, too.

“Too often we co-parent with a child,” Sweeney said. “You don’t say, ‘Could you throw that out?’ You say, ‘You need to throw that out. Thank you so much for being responsible!’ Don’t give them that choice.”

Though physical limitations can prevent children from starting training before age 2, the \$300 five-hour classes and follow-up consults can be money well-invested for parents, Sweeney said.

“Unfortunately, a lot of (parents) are up against deadlines. Both parents have to work and their child has to advance into the next day-care room so that cost goes down,” Sweeney said of day cares that charge more for children in diapers. “So it seems to be worth their investment.”

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