



Stress-Free Potty Training: A Commonsense Guide to Finding the Right Approach for Your Child

Sara Au, Peter L. Stavinoha Ph.D

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No two children experience the toilet-training process in exactly the same way. While some kids might be afraid to even go near the bathroom, others may master the actual act right away. "Stress-Free Potty Training" takes the anxiety out of this challenging rite of passage. The book differentiates the common childhood personality types, providing easy techniques to suit kids who are: goal-oriented, sensory-oriented, internalising, impulsive and strong-willed. Parents will find much needed advice to help them identify what ideas will work for their child's temperament. This straight-talking guide enables readers to help any child make this important life transition free of worry, and in the way that's right for them.

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