This is an evidence-based book on toilet training and toilet training problems. So what exactly does that mean? It means that the information that is contained in this book is backed by scientific studies and is therefore the best information that we have on the topic. Evidence-based information is not easily available on the Internet or in most books; it tends to be found in medical and scientific books and journals. Sometimes it can be difficult to understand, so in this book I would like to provide this information to you using language free of medical jargon.

Most of the information that is readily available to you on potty training is based on someone’s personal experience or advice. Maybe someone used one method of toilet training for his child that worked, or maybe a doctor prefers one method of toilet training for her patients. This kind of information is just plain old advice that is not based on any kind of study. Just because it worked for them does not mean it is going to work for you. If we consider evidence-based information, it is more likely that that information will work for most people, including you.

I have organized this book into several logical chapters. The first chapter provides you with the basic information that you need to know about your child’s urinary system. I tried not to get too scientific here, and I hope it is fun reading for you. I decided to put this chapter first because it provides you with the basic information you need to know to understand the rest of this book and to toilet train your child successfully.
The second chapter is really exciting because it will help you learn how to toilet train your child using the latest available evidence-based information. This is an extremely important part of the book, and I am really thrilled to be able to share this information with you. I recommend only the best information available, and I make sure that this information is backed by scientific study. This means that the information is evidence-based, high-quality information for your child.

In the third and fourth chapters I discuss common potty training problems that can occur in some children, bedwetting and daytime wetting. These problems occur when toilet training is not totally successful. Let’s face it, nothing in life is perfect, so we need to know what to do if a child does not toilet train as well as we had wished. These valuable chapters will provide you with the hope and guidance needed to overcome any toilet training problem.

In the fifth and sixth chapters, I discuss medications and common tests that doctors order for children with persistent potty training problems. Testing and medications are not needed for most children with potty training problems, but I would like you to have this information, just in case. I want to share all of my knowledge with you.

To get different perspectives on the topics discussed in this book, I interviewed three other experts in the toilet training field, and in the seventh chapter I provide you with their takes on the subject. Each expert shares a slightly different viewpoint based on her unique background in public health, pediatrics, and nursing. I am certain you will enjoy reading what these experts have to say about toilet training.

Finally, I conclude with a chapter on alternative treatments for toilet training problems and a chapter covering the most common questions I am asked by parents. I include the chapter on alternative treatments because I want you to know that there are options for potty training problems that most doctors are not familiar with. But I have been careful to include only those alternative treatments that might be beneficial for your child. But most of these alternative
treatments have not been studied scientifically, so we can’t con-
sider the information in this one chapter to be evidence-based
information.

Throughout the book, you will see highlights called “Dry Spots.”
These “Dry Spots” are meant to draw your attention to the most
important potty training information that is available anywhere.
Most of this information is missing from the vast majority of potty
training books on the market, which I find amazing. When you
come across a “Dry Spot,” please take a little extra time to read that
information and reflect on it. All “Dry Spot” information is backed
by science, which means that it is highly accurate and is the kind of
information that you can trust for helping your child.

And one more thing: throughout the book I have switched
between using female and male pronouns when I talk about chil-
dren and toilet training and continence problems—it’s less clunky
than saying “he or she” or “him or her” for each example. But please
remember that both boys and girls can have toilet training and
incontinence problems.

So let’s begin with the first chapter, which discusses the different
parts, or ingredients, of your child’s urinary system that are needed
for potty training. I truly hope you will enjoy this book, and please
feel free to contact me with any questions or comments that you
might have about this book or potty training.
It’s Not Your Fault!