

# Parenting Done Right



An Easy Guide for  
**Raising a Child**  
That You Can Be Proud Of

**Judie O. Michael**

**Parenting Done Right:**

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# Introduction

There is nothing more perfect than holding your new baby for the first time. However, babies do not come with manuals and parents are often stressed out and worried if they are doing things right.

Is this the right thing for their child? Everybody loves to give advice to new parents and much of what they are told might clash with what somebody else had told them.

Who to believe? What method do you use? What do you do as they get older? Discipline or not discipline? Best potty training methods?

Take a deep breath because if you have child that is under the age of ten, this book is written just for you. Naturally, you want to raise children who are confident, respectful and polite and the ideas, tips and methods in this book are time honored and time tested; in short, they work.

It is necessary to have a good relationship with your child and this book will help you be able to do so and to raise them the right way.

It is important to raise your children the right way because they really are the next generation. How you raise them will in turn, determine how they raise their own children. In a world where violence seems to be on the rise, raising children can seem like a daunting prospect.

You want your child to be safe and in order to do that; you need to be a hands-on parent. You need to instill values and morals into your child.

If you are a working parent, that's understandable. Not everybody can stay home with their children but you still need to be a hands-on parent.

When you are home, you need to devote your time to your family so you build up your relationships with your children and can help guide them as they grow up because their childhood is when they develop their morals and beliefs and that is where this book comes in.

Remember that children lead by example. If you want your child to not back talk, you need to not back talk either. If you want your child to be kind you need to show kindness to everybody.

Children learn from their parents, if you do something, they will do that same thing. Be the role model for them; let them learn to be ethical, kind, and polite from you.

Respect, ethics, morals, confidence and self-sufficiency are all things that you want your child to have but they learn these things from you.

As a parent, you might need to do a little spiritual housecleaning of your own, shedding some bad habits that you don't want your own children to pick up on.

This book will take you over the basics of potty training, how to build a relationship with your child, how to make sure that you raise a child who is confident and who has the right value, the importance of playtime, the importance of a good diet, and how to raise a well-behaved child.

As stated in the beginning this book is geared for parents of children from birth to the age of ten and it will serve as your guideline for raising a child who is healthy in both body and spirit.

# Potty Training

When your child is about 2 ½ years old, they are usually ready to begin potty training. Some children are ready before that age, and some are not quite ready until they are around the age of three.

There is no definite date for potty training because every child is different. Knowing when to potty train your child is something that you have to go on instinct for.

Your child will begin to give you clues that they are ready to be potty trained so when you see them start to exhibit certain behaviors, then you know that it is time to begin training them to use the potty.

Some of the clues and signs that your child is old enough to be potty trained are:

- They come to you to tell them that they have a wet or dirty diaper.
- They tell you that they need to go and/or recognize the physical signs that they need to use the bathroom.
- They show an interest in using the toilet
- Tries to copy you, your spouse or their brothers and sisters by climbing on the toilet or wanting to use it to “be like them.”

- They are able to pull their pants up and down without your help.
- Is becoming more and more insistent on doing things themselves and with less help from you.
- They will tend to have bowel movements around the same time every day.
- They begin to sleep through the night without wetting their diapers.
- They are at the stage where they are able, and willing, to listen to you and to follow directions without much resistance.

If your child is exhibiting some or all of the above clues, you can probably begin to potty train your child because they are physically and mentally ready to be trained.

You want your child to be potty trained, so in order to guarantee success, you have to make it fun for them. Potty training only works if it is a no-stress and a no pressure environment.

First rule of potty training, accidents happen! No child is potty trained without have accidents so do not make a big deal about them or your child will be so afraid of displeasing you that they end up resisting being potty trained.

Potty training is not hard if you keep your toddler and yourself in a positive frame of mind.

This is a quick training method, it means that your toddler will be potty trained in a day. Once again, this does not mean that your toddler will be perfectly potty trained but after a one day training session, they will have the basics down and all you will need to do from there is help them get used to it and get better at it. Practice makes perfect!

You need a day where you can spend about five to six hours with your toddler. Just you. This is not a two parent training method because in order for it to work you have to have no distractions, just you and your child, and the potty.

It sounds like potty boot camp but it will be a fun potty boot camp because you will make it fun for your child, not a chore. So no TV, no internet and not cell phone for you, you need to be distraction free as well!

Early in the day works best, so try to pick a day where you and your toddler will be alone in the house.

If you have other kids, see if your spouse can take them on a day trip or if they can go to grandma's for a day. If your toddler hears other people in the house, they will want to focus on them, not on learning how to use the potty.

Here are the things that you need for your training session:

- Treats – Use small treats because when you child sits on the potty, they will get a treat. Popcorn,

raisins, pretzels, goldfish crackers, or whatever else your child likes, if your child likes fruit or carrot sticks, let them have those as well.

- Drinks – You need to make sure that your child needs to urinate often during your training session so have plenty of juice or water handy. Get their favorite drinks because you want them to want to have a drink every ten minutes or so in order to keep things flowing.
- Potty chair
- Training pants – have several pairs (cloth works best because you will be putting them on and off often)
- Kitchen Timer

On training day, tell your child that they are going to learn to use their potty and show them the training pants. Bring out a doll or a stuffed animal and put the training pants on them, showing your child how the pants go on.

Have your child help put the pants on and then tell them that the doll has to potty, take the pants off, place the doll on the potty and then make a big deal about the doll going.

Overacting is a must, praise the doll, give the doll a snack bag of treats and then put training pants back on. Set the timer for five minutes and then read to your child, or play with toys but when the timer goes off, have the doll need to use the potty

again, followed by praising the doll and giving it treats. Keep this up until your child wants to try wearing the big kid pants too or until a half hour has gone by.

Put the training pants on your child and set the timer for five minutes, if your child asks to sit on the potty, help them pull their training pants down, and have them sit on the potty.

Let them sit for about twenty seconds and then help them pull their training pants back on; praise them, give them treats and then have them take a drink. It does not matter if they actually went to the bathroom, just praise them for sitting on the potty and make sure that they take a drink and get a treat.

Set the timer and then play, or have their doll go again. It can be fun for the doll and your child to take turns sitting on the potty. If your child does happen to urinate, really make a big deal about it to reinforce that they are going exactly what you want them to do and that you are happy and proud about it.

Start to let your child take down their own training pants and pull them back up after a while. You will need to show them how to hold their pants by the sides and pull them up, and help them for the first several times but after that, let them do it, praising them for being able to put their pants on all by themselves.

Double the praise when they actually go in the potty! Once again, overreact because you want them to know that they did a good thing. Just keep repeating the cycle of sitting on the potty every five minutes and playing in between potty training times.

You will need to do this for about six hours, so keep plenty of toys, drinks and treats on hand for your child. If your child does have an accident and goes in their training pants, not big deal.

Tell him that they did a pee-pee if they urinated and a poo-poo if they had a bowel movement to help them learn the process of what they are doing.

Put another pair of training pants on and continue to train. After a while, usually after the first two hours or so, your child will begin to get it. They will begin to go more in the potty, and less in their training pants.

One reason that cloth training pants are used is because when your child wets themselves, they immediately feel wet and uncomfortable.

Disposable ones hold the wetness so well that your child doesn't feel wet. You want them to realize that they have peed and that it doesn't feel comfortable because it helps reinforce that when they feel like they need to go, they should use the potty.

After your training session, your child will be ready for a nap. You might want to use the

disposable training pants for naps, nighttime and when you are out and the cloth training pants for at home. After their nap, take them immediately to the potty to see if they need to go.

For the next few weeks you should continue to give treats for a successful trip to the potty and always make a big deal about it. You should praise your child for using the potty until they are fully potty trained.

Ask your child if they need to potty several times a day, but the goal is for them to go on their own. A pair of wet training pants does not feel good and they will begin using the potty more to avoid having the wet pants, that's why cloth training pants work better than disposable.