

# HOW TO “PRE-TRAIN” YOUR CHILD BEFORE YOU START POTTY TRAINING

By Dana Obleman  
[www.NoSweatPottyTraining.com](http://www.NoSweatPottyTraining.com)



# How To “Pre-Train” Your Child Before You Start Potty Training

Dear Parent,

One of the biggest potty training challenges that parents face is the child’s **reluctance to make the change.**

Let’s face it: Toddlers are pretty stubborn little people -- and making huge changes to something as personal as where they “do their business” has the potential to be pretty scary for your little one.

However, there IS a clever little secret that I used on all my children -- and that I’ve shared with many of my best clients and customers over the years. **It’s the idea of “pre-training” your child.**

All this really means is spending about a week getting your child excited about the idea before you start. We’re talking about toddlers here, though, so this is easier said than done.

With this in mind, I like to use reward coupons. Yes, you can call it bribery if you like, but here’s what I recommend:

- 1) Choose a date** to start potty training, at least a week in the future.
- 2) Start talking to your child** about potty training. Show them pictures on the Internet of different potty models, and ask them to help you choose one. (Alternatively, you can take your child to the store and have them help you pick one out that they like.)
- 3) Explain to your child** that when they start using the potty, **they get rewarded.** Tell them that you have some very special “coupons” that you will be giving them when they start potty training. Show them the coupons and explain what they can be exchanged for.

**That’s it!** I know, it sounds a little too simple, but trust me on this one... it works like a charm! Not just for my kids, but also for the hundreds of other friends and customers I’ve shared this with.

On the next pages, **I’ve included some free rewards coupons** (in a couple of different styles) that you can simply print off and use for your child.

And if you’re looking for a step-by-step guide guaranteed to get your little one diaper-free in just one day, I’d also like to offer you instant access to my complete “No-Sweat Potty Training” **system at a price not available anywhere else!** You can get it (with the BIG discount) by clicking here:

<http://www.nosweatpottytraining.com/save-ten/>

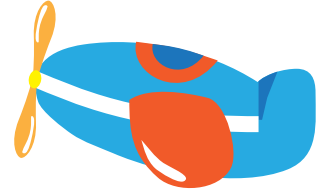
To your diaper free future,



Dana Obleman

Way to go! This coupon entitles \_\_\_\_\_ to

**One Extra Treat!**

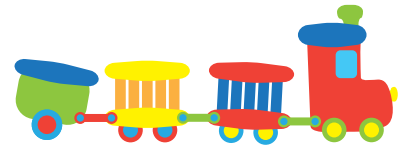


Signed \_\_\_\_\_

www.NoSweatPottyTraining.com

Way to go! This coupon entitles \_\_\_\_\_ to

**One Ice Cream Cone!**

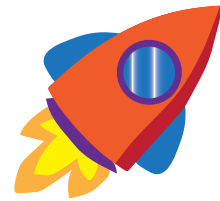


Signed \_\_\_\_\_

www.NoSweatPottyTraining.com

Way to go! This coupon entitles \_\_\_\_\_ to

**A Great Big Hug!**



Signed \_\_\_\_\_

www.NoSweatPottyTraining.com

Way to go! This coupon entitles \_\_\_\_\_ to

**A Movie & Popcorn!**

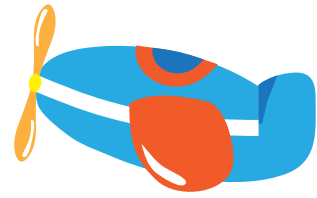


Signed \_\_\_\_\_

www.NoSweatPottyTraining.com

Way to go! This coupon entitles \_\_\_\_\_ to

## Stay Up Past Bedtime!

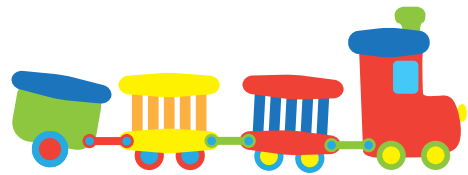


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Way to go! This coupon entitles \_\_\_\_\_ to

## A New Toy!

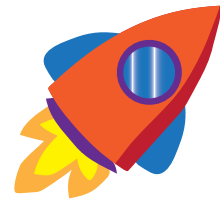


Signed \_\_\_\_\_

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Way to go! This coupon entitles \_\_\_\_\_ to

## Extra TV Time!



Signed \_\_\_\_\_

www.NoSweatPottyTraining.com

Way to go! This coupon entitles \_\_\_\_\_ to

## Your Favorite Snack!

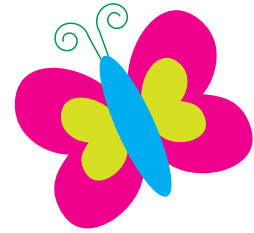


Signed \_\_\_\_\_

www.NoSweatPottyTraining.com

Way to go! This coupon entitles \_\_\_\_\_ to

**One Extra Treat!**



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