



Potty Training Tips from FuzziBunz®

Potty training is a rite of passage for all of us. It turns babies into toddlers and new moms into veteran mommies (well, just a little bit!). Ditching diapers for good is an emotional experience for both mom and child. While you likely won't miss changing dirty diapers, you may feel emotional about watching your baby grow up and become independent.

When your child is ready for potty training, it's likely you, as a cloth diapering mom, will have some specific questions surrounding the potty training experience. While we (the authors of this tip-sheet) are not potty training experts, we have diapered and potty trained seven children between the three of us. We speak from experience and wisdom as moms – albeit, we encourage you to discuss specific concerns or activities with your child's doctor first and foremost.

We hope our insights as experienced moms can help you with your potty training experiences and dilemmas. Good luck!

By using cloth diapers, will my child potty train sooner?

This is a great question and one many cloth diapering and disposable diapering moms often debate. In our opinion, the type of diaper doesn't significantly impact your child's potty training time. Why? Because every child is different and will potty train at his or her own "speed."

However, some moms argue that because babies feel wet in cloth diapers, they are more motivated to potty train earlier and faster. They argue that disposable diapers, because of the use of chemicals for maximum absorption, make it hard to feel any wetness. Therefore, they believe their child becomes perfectly comfortable peeing in their pants. With cloth diapered babies, they may connect the feeling of wetness with an uncomfortable disposition and thereby potty train earlier and faster. We have heard anecdotal evidence on this, but no science exists to prove its truth or untruth.

On the other hand, some moms argue that since a baby is used to peeing in a cloth diaper, they may feel that using cloth underwear is the same and they won't be able to differentiate between diaper vs. underwear. This may be true, but again, it's anecdotal at this point.



Should I encourage my baby to potty train sooner than later? When is the right time to start?

Potty training should be initiated only when your child is ready – not when it's convenient for mom or dad. Too often parents try to potty train their child during a stressful transition – mom is pregnant with baby #2 and is rushing child #1 out of diapers, or a daycare center won't take a diapered baby (um, if your childcare provider is rushing potty training, perhaps you need a more sensitive provider, agree?).

When your child is ready, she will start to show and express interest in the potty. My niece, for example, couldn't wait to potty train as soon as she started walking. She wanted to go to the bathroom with anyone who would take her with them. She loved sitting on the toilet, even if she didn't have to go. Such interest signals it's time to potty train, even as early as 12 months. However, if a child shuns the process or seems fearful or uncertain, give it time. Do it when they're ready – that is the golden rule!

Do you have any potty training tips for cloth diapered babies?

Yes we do, however, keep in mind that our tips could apply to any baby going through potty training. Here are our tips to ensuring a smooth, tear-free potty training experience:

- **Allow for Imitation:** Babies love to imitate their mommies and even their big siblings too. Let them watch you go pee in the toilet. Explain the process in detail and show them how it's done, step-by-step.
- **Equip Right:** You want potty time to be as user-friendly as possible. Consider getting a stool your child can stand on to easily reach the toilet and use a toilet seat cover that decreases the size of the toilet bowl opening to accommodate for smaller buns. Or, if your child fears the big potty, consider buying them a small potty of their own and then later transition them to the big potty as their confidence grows.
- **Motivate Throughout:** Children are motivated by different things. Some will like the thought of wearing FuzziBunz® Trickle Free Trainers™ that appeal to their visual tastes, or they may want to be rewarded with something sweet to eat, stickers and a sticker chart or a special activity they can do only after using the potty. Now is the time to pull out all the stops and play to your child's motivational sweet-spot.
- **Celebrate Milestones:** Using the toilet is a big deal and signifies your baby is growing up. Celebrate her achievements as a “big girl” and throw her a potty party, call her grandparents to brag or take her on a special excursion reserved for potty-using kids only!
- **Stay Committed:** Once you start the process, go at your child's pace. Whatever you do, stay committed. Some kids with grasp the concept like they do to licking a lollipop, while others will move slow and steady toward the finish line. Whatever you do, stay positive, committed and supportive. Your child will respond to you accordingly, trust us!



Do girls potty train faster than boys?

Collectively, our team discussed this and determined that we don't know an exact answer to this question. However, many experts say girls mature faster and therefore may potty train faster. That said, we believe other factors, rather than simply gender, can be used to determine the rate and ease at which potty training occurs. For example, a younger sibling may be influenced by an older sibling or maybe a younger sibling is holding on to the attention he gets from the potty training experience that he refuses to train in the time pushed by mom and dad. A child's personality can also determine their potty training rate. Emotional kids may take longer while happy-go-lucky kids will go with the flow and may potty train more quickly. Remember, many factors influence a child's potty training rate, so set realistic, unbiased expectations for your child and never force them to fit into your agenda.

What reusable diapering products can I use when potty training?

In the fall of 2011, FuzziBunz® launched a brand new training pant for “big” kids in the midst of potty training; they're called **Trickle Free Trainers™**. The new and improved Trickle Free Trainers™ help transition a baby from diapers to big-kid pants without the waste of disposables or the feel of a traditional diaper. Here are some things to look for in the new and improved Trickle Free Trainers™:

- Reengineered look for better protection and comfort
- New design appeals more to children because it looks less like a diaper
- Minky fabric on inside for underwear-like feel
- Perfect next-step purchase for loyal FuzziBunz® moms
- Available in a variety of colors and prints



There are a variety of “training pants” options available, so find one that best suits your needs and work with a brand you know and trust.

In summary, while we don’t claim to be potty training experts, we hope that our “expert mom” comments can help ease the experience. Remember, keep things positive, potty train at your own pace, and make no assumptions about when the process will start or how long it will last. Keeping your cool is key to keeping your sanity through this often challenging, yet significant milestone for your family. Good luck!

