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# Parents



## 52 HOT HOLIDAY TOYS

SHOP EARLY

MEAL MAGIC  
TURN JUNK  
FOOD INTO  
HEALTHY  
FOOD

WANT  
ANOTHER  
BABY?  
HOW TO  
TIME IT  
RIGHT

TEACH  
YOUR CHILD  
TO BE  
MODEST,  
THANKFUL  
& KIND

THE SIMPLE WAY TO  
POTTY TRAIN YOUR CHILD



**Q** Someone told me that it's a mistake to start off using a little potty because it creates the extra step of transitioning to the big potty. Is it better to use an insert on the toilet instead?

**A** Unless your child is begging to use the big potty (which often happens with younger siblings), it's actually best to start with a potty chair, says Lisa Spiegel, codirector of Soho Parenting, in New York City. For many children, the toilet can be scary: There's loud flushing, whirling water escaping to "the unknown," and your child may feel unsteady sitting up high. With a little potty, her feet are on the floor, making her feel physically grounded and relaxed. Also, being able to get to the potty without your help will let her feel more in control—and cut down on accidents. Down the road, switching to the big toilet (with or without an insert) shouldn't really be a big deal, since she'll probably already use one outside the house.

