Resources for Families

Websites

- **Bright Horizons® Online Community** ([http://www.brighthorizons.com/community](http://www.brighthorizons.com/community)) is an interactive web destination where parents and educators can share ideas, get perspectives, ask questions, and explore the great resources Bright Horizons has to offer through interactive forums, blogs, Facebook, and Twitter.

- **ZERO TO THREE** ([http://zerotothree.org](http://zerotothree.org)) is a national, nonprofit organization that shares information, research, and trainings that support professionals, policy makers, and parents in their efforts to improve the lives of infants and toddlers.
  - *Learning To Use The Toilet*

- **Ask Dr. Sears** ([http://www.askdrsears.com](http://www.askdrsears.com)) is a comprehensive website on which noted pediatrician, Dr. William Sears and his wife, Martha, who is a registered nurse, relay information and discuss child development and parenting matters based on both their professional training and their experiences raising eight children.
  - *13 Toilet-Training Tips To Know Before You Start*

- **Familydoctor.org** ([http://familydoctor.org](http://familydoctor.org)) is a comprehensive website sponsored by the American Academy of Family Physicians that addresses health information for the whole family.
  - *Toilet Training Your Child*

Books for Parents

- **American Academy of Pediatrics Guide to Toilet Training**, by Mark L. Wolraich, M.D., is acclaimed as a helpful resource to cover the basics of supporting your child through this milestone.

- **Parents Book of Toilet Teaching**, by Joanna Cole, gives adults practical and straightforward information regarding how to know when a child is developmentally ready to learn to use the toilet, use words to encourage them, and learn how to support a child in achieving this developmental milestone. An important theme of Parents Book of Toilet Teaching is helping adults understand that every child will learn to use the toilet when they are developmentally ready.

- **The No-Cry Potty Training Solution - General Potty Training Book**, by Elizabeth Pantley, discusses how to determine the right time to start helping your child learn to use the toilet, motivate a child who is reluctant, and create a simple plan that fits your family. Unique to this book is a bathroom safety checklist that includes strategies to child proof your bathroom.
Books for Children

- **Even Firefighters Go To The Potty: A Potty Training Lift-The-Flap Story**, by Wendy Wax, is a lift-the-flap book with multicultural cartoons drawn in a whimsical manner to reinforce the concept that everyone has to take time to use the potty, even firefighters, police, train engineers, etc.

- **Everyone Poops**, by Taro Gomi, is a very amusing book showing different kinds of animals, their poop, and describing where and how they poop (e.g. while walking). It also shows the ways that babies poop in diapers, small children in a potty, and older children and adults on a toilet.

- **Going To The Potty**, by Fred Rogers, discusses learning to use the toilet in his calm, reassuring manner with simple words that a young child can understand. He addresses the sensations that a child may experience (seat might feel cold or hard at first or the sound of a toilet flushing is noisy), as well as what a child may feel emotionally. The photos depict multicultural families, which reflect the wonderful diversity in the world.

- **Toilet Tales**, by Andrea Wayne Konigslow, uses humorous descriptions to explain why animals can’t use the toilet (a goat would eat the toilet paper; an elephant would smash the toilet), but children can.

- **You Can Go To The Potty**, by Dr. William Sears, Martha Sears, Christie Watts Kelly, and Renee Andriani, is a family book. In a positive and encouraging tone, it is written for children but includes tips and a wealth of information for adults in the beginning and subtext throughout. It addresses the differences between boys and girls, and views the subject as potty “learning” rather than “training.”