

oh crap potty training guide

Oh Crap Potty Training Guide: A No-Nonsense Approach to Toilet Training Success

oh crap potty training guide has become a go-to resource for many parents embarking on the sometimes tricky journey of toilet training their toddlers. Unlike traditional methods that can feel rigid or overly complicated, this guide offers a refreshingly straightforward, practical approach that resonates with parents looking for real-world solutions. If you're considering potty training your child or struggling to find a method that works, this article will walk you through the essentials of the Oh Crap potty training philosophy, tips for success, and how to adapt the process to your child's unique needs.

Understanding the Oh Crap Potty Training Guide Philosophy

The Oh Crap potty training guide, popularized by Jamie Glowacki's book, emphasizes a hands-on, no-nonsense method that acknowledges the messy reality of teaching a toddler to use the toilet. Unlike some programs that stretch over months or rely heavily on rewards and charts, this approach is about reading your child's cues and being fully present during the initial, intensive potty training phase.

The core idea is to start when your child is ready, typically between 20 and 30 months old, and to commit to a few days of focused training. During this time, the child is usually naked from the waist down, which helps them understand the physical sensations associated with needing to go. It's a method that requires patience and consistency but aims to shorten the overall training period and reduce frustration for both child and parent.

Why the Oh Crap Method Stands Out

What sets the Oh Crap potty training guide apart is its emphasis on simplicity and intuition. Here's why many parents swear by it:

- ****Child-Led Readiness:**** Rather than pushing early, it encourages parents to look for signs that their child is ready.
- ****No Pressure, No Punishment:**** It steers clear of harsh discipline or shame, focusing instead on encouragement.
- ****Hands-On Learning:**** Being fully involved during the initial days fosters a better understanding for both child and parent.
- ****Quick Transition:**** The method aims to compress potty training into a few days rather than dragging it out over months.

Preparing for Potty Training Success

Before diving into the intensive potty training days, preparation sets the foundation for smoother progress. Here are some essentials to consider:

Choosing the Right Equipment

A crucial part of the Oh Crap potty training guide is having the right tools on hand. This includes:

- A child-sized potty chair or a potty seat that fits on your regular toilet.
- Easy-to-remove clothing for your toddler, like pants with elastic waistbands.
- Training pants or underwear that are comfortable and encourage independence.
- Plenty of wipes and cleaning supplies for inevitable accidents.

Having these ready minimizes interruptions and keeps the process flowing naturally.

Setting Expectations and Creating a Supportive Environment

Potty training is as much about mindset as it is about practical steps. Talk openly with your child about what to expect. Use simple language to explain the process and celebrate small victories along the way. Additionally, clear the schedule for a few days to dedicate focused attention, as the initial phase requires patience and consistency.

Step-by-Step Insights from the Oh Crap Potty Training Guide

Once you're prepared and your child shows signs of readiness, it's time to jump into the core potty training days. Here's a breakdown of the process:

Day 1: The Naked Phase

This phase is fundamental in the Oh Crap potty training guide. Your child goes bottomless, which helps them connect the feeling of needing to pee or poop with the action of using the potty. Expect plenty of accidents—this is normal and part of learning.

During this time, watch for signs your child needs to go (squirming, holding themselves, or vocal cues) and encourage them to use the potty immediately. Patience and calm responses are key here.

Day 2 and Beyond: Clothing Reintroduction

Once your child starts to grasp the connection between their body signals and the toilet, you can introduce loose clothing without diapers. This step helps your toddler practice pulling clothes up and down independently, building confidence and autonomy.

Gradually, you'll add underwear and continue reinforcing potty use. Accidents will still happen, but hitting milestones like staying dry for longer stretches is encouraging.

Handling Challenges and Staying Motivated

Even with the straightforward Oh Crap potty training guide, bumps in the road are inevitable. Here's how to navigate common hurdles:

Dealing with Regression

Sometimes toddlers regress due to changes like starting daycare, a new sibling, or illness. It's normal and doesn't mean failure. Stay calm, return to basics if needed, and maintain a supportive attitude.

Accidents and Setbacks

Accidents are part of the process. Instead of scolding, clean up calmly and remind your child about the potty. Positive reinforcement goes a long way in building good habits.

Nighttime Training

Nighttime dryness often comes later than daytime training. The Oh Crap potty training guide focuses mainly on daytime success. Use waterproof mattress protectors and be patient—nighttime training is a separate phase that requires its own strategies.

Tips for Tailoring the Oh Crap Potty Training Guide to Your Child

Every child is unique, and flexibility is crucial in potty training. Here are some tips to personalize your approach:

- **Observe Your Child's Cues:** If they resist, it may be worth waiting a few weeks before starting.
- **Adapt the Pace:** Some children take to the potty quickly, others need more time.
- **Incorporate Your Routine:** Fit potty breaks into daily activities to build consistency.
- **Use Encouragement Wisely:** Praise effort instead of perfection to keep motivation high.

Additional Resources and Community Support

Many parents find it helpful to join online forums or social media groups dedicated to the Oh Crap potty training guide. Sharing experiences and tips with others can provide encouragement and practical advice. There are also various videos and blogs that break down the method step-by-step, which can be a valuable supplement to the original book.

Potty training is a big milestone, and while it can sometimes feel overwhelming, the Oh Crap potty training guide offers a refreshing, realistic path forward. By embracing patience, consistency, and a child-led approach, many families find success without the stress or confusion that often accompanies this stage of early childhood development.

Frequently Asked Questions

What is the 'Oh Crap! Potty Training' method?

The 'Oh Crap! Potty Training' method is a popular potty training approach created by Jamie Glowacki that emphasizes a straightforward, step-by-step process to help toddlers learn to use the toilet quickly and effectively, often within a few days.

At what age is the 'Oh Crap! Potty Training' method most effective?

The method is generally recommended for toddlers between 20 months and 30 months old, but it can be adapted for children outside this age range depending on their readiness and developmental signs.

What are the key stages in the 'Oh Crap! Potty Training' guide?

The key stages include preparation (understanding signs of readiness), going diaper-free or naked from the waist down, closely observing the child's cues, introducing the potty, and gradually transitioning to underwear and normal routines.

How long does it typically take to potty train using the 'Oh Crap! Potty Training' method?

Many parents report that their children become potty trained within three to seven days of dedicated effort following the method, though the exact time can vary depending on the child's readiness and consistency.

What are common challenges when using the 'Oh Crap! Potty Training' guide and how can they be overcome?

Common challenges include accidents, resistance, and regression. These can be managed by staying patient, maintaining consistency, offering positive reinforcement, and understanding that setbacks are a normal part of the learning process.

Additional Resources

Oh Crap Potty Training Guide: A Comprehensive Review and Analysis

oh crap potty training guide has become a highly recommended resource for parents navigating the often challenging journey of toilet training their toddlers. Authored by Jamie Glowacki, this guide diverges from traditional potty training methods by offering a straightforward, no-nonsense approach that advocates for intensive, focused training over a brief period. In this article, we investigate the core principles of the Oh Crap Potty Training Guide, analyze its effectiveness, and explore how it compares to other popular potty training techniques, providing parents with a detailed overview to make an informed decision.

Understanding the Philosophy Behind the Oh Crap Potty Training Guide

The Oh Crap Potty Training Guide emphasizes a hands-on, immersive approach. Unlike gradual or reward-based systems, this method encourages parents to commit to a short, intensive training phase—often referred to as the “block method”—where the child wears no diapers (or minimal diaper use) during the day. The rationale is that children learn faster when they experience

immediate consequences and consistent routines.

Jamie Glowacki's approach is grounded in the belief that toddlers possess the innate ability to communicate their needs and recognize bodily signals. The guide stresses the importance of observing the child's behavior, identifying cues, and responding promptly. This method prioritizes clear communication and consistency, aiming to minimize confusion and accidents.

Key Features of the Oh Crap Potty Training Guide

- **Block Method:** Intensive potty training over several days, encouraging full-time potty use with minimal diapers.
- **Child-Led Signals:** Teaching parents to recognize when their child needs to use the toilet.
- **Step-by-Step Phases:** The guide breaks down the training into manageable stages, adapting to the child's readiness.
- **Focus on Communication:** Encouraging verbal and non-verbal cues to enhance understanding.
- **Minimal Rewards:** Unlike sticker charts or treats, it relies on natural motivation and positive reinforcement.

This structure appeals to parents seeking a clear, concise roadmap without relying heavily on external motivators.

Comparing Oh Crap to Other Potty Training Methods

Potty training strategies vary widely, from gradual, reward-based systems to elimination communication and dry training. The Oh Crap Potty Training Guide fits within the intensive, cold-turkey style but distinguishes itself through its flexibility and structured phases.

Oh Crap Versus Traditional Gradual Training

Traditional gradual methods often involve introducing the potty over weeks or months, using rewards like stickers or candy to encourage use. While gentle and patient, these approaches may prolong the process and require ongoing motivation. In contrast, the Oh Crap method's condensed timeline aims to

accelerate mastery by reducing mixed signals and emphasizing routine.

Oh Crap Versus Elimination Communication

Elimination communication (EC) involves reading infant cues and timing potty use from a very early age, often from birth. While EC focuses on anticipating elimination needs without diapers, it requires significant parental observation and commitment from infancy. The Oh Crap guide targets toddlers typically aged 18 months to 3 years, making it more accessible for parents starting potty training later.

Pros and Cons of the Oh Crap Potty Training Guide

- **Pros:**

- Clear, structured phases that adapt to child readiness.
- Emphasizes natural communication over external rewards.
- Often results in quicker potty training success compared to gradual methods.
- Encourages parental involvement and observation, fostering stronger parent-child communication.

- **Cons:**

- Requires significant parental commitment and time during the intensive training phase.
- May be challenging for parents with multiple children or demanding schedules.
- Potentially stressful for some children who need a slower transition.
- Less emphasis on rewards may not motivate all children equally.

These factors suggest that the Oh Crap guide is best suited for parents who can dedicate focused time and seek a relatively swift potty training process.

Implementation Tips for Parents Using the Oh Crap Potty Training Guide

Successfully applying the Oh Crap method involves preparation, patience, and consistent observation. Here are some practical recommendations based on the guide's principles:

Preparation Before Starting

- **Choose the right time:** Avoid starting during major life changes or illness.
- **Gather supplies:** Potty chair or seat adapter, easy-to-remove clothing, and cleaning supplies.
- **Clear your schedule:** Plan for several consecutive days with minimal outings to focus on training.

During Training

- **Observe and respond:** Watch for signs your child needs to go and take them to the potty immediately.
- **Stay calm during accidents:** Use them as learning opportunities without punishment or frustration.
- **Maintain consistency:** Follow the block method phases strictly for best results.

Post-Training Maintenance

- **Continue routines:** Keep potty times regular and encourage independence.
- **Nighttime training:** The guide acknowledges daytime success doesn't always translate to nights; be patient.
- **Adapt as needed:** Every child is different; some may need additional

support or a slower pace.

Analyzing Effectiveness Through Parental Feedback and Studies

Anecdotal evidence from various parenting forums and reviews shows a high success rate with the Oh Crap Potty Training Guide, particularly in shortening the overall toilet training timeline. Many parents praise the straightforward language and clear phases, noting that it demystifies a process often shrouded in confusion.

However, some critics highlight that the guide's intensive approach may not be universally effective. Children with developmental delays or sensory processing issues might find the abrupt transition overwhelming. Moreover, parents with limited time or external stressors might struggle to maintain the level of attention required.

While large-scale, scientific studies specifically analyzing the Oh Crap method remain limited, its principles align with recognized behavioral learning theories—such as the importance of consistent cues and reinforcement—that underpin effective potty training.

SEO Keywords Integration

Throughout this analysis, terms such as “potty training tips,” “toddler toilet training,” “potty training methods,” and “intensive potty training” have been naturally interwoven to enhance search relevance. This ensures the article reaches parents actively seeking practical, evidence-based advice on transitioning their children out of diapers.

Alternative Resources and Complementary Tools

While the Oh Crap Potty Training Guide stands out for its unique approach, parents may also consider supplementary tools such as:

- Potty training apps that track progress and send reminders.
- Books focused on child motivation and positive reinforcement.
- Support groups or forums where parents share experiences and advice.

Combining these resources with the structured phases from the Oh Crap guide can create a more holistic potty training experience tailored to individual families.

In summary, the Oh Crap Potty Training Guide presents a practical, efficient, and parent-empowering method that has gained significant traction for its clarity and results. By focusing on communication and consistency, it offers a viable alternative to more traditional or prolonged potty training strategies, appealing to families seeking a focused and effective approach.

[Oh Crap Potty Training Guide](#)

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oh crap potty training guide: *Oh Crap! Potty Training* Jamie Glowacki, 2015-06-16

Toilet-training expert Jamie Glowacki's self-published OH CRAP! POTTY TRAINING has sold more than 40,000 copies and has been the dirty little secret of moms on message boards and in parenting groups for years. Now, this proven, 6-step plan (called the WHAT TO EXPECT of potty training books for its comprehensive, no-nonsense voice) is available to the general trade audience for the first time--

oh crap potty training guide: *Oh Crap! I Have a Toddler* Jamie Glowacki, 2019-06-04

Real-world, from-the-trenches toddler parenting advice from the author of the bestselling Oh Crap! Potty Training. Toddlers—commonly defined as children aged between two and five years old—can be a horribly misunderstood bunch. What most parents view as bad behavior is in fact just curious behavior. Toddlerdom is the age of individuation, seeking control, and above all, learning how the world works. But this misunderstanding between parents and child can lead to power struggles, tantrums, and even diminished growth and creativity. The recent push of early intellectualism coupled with a desire to “make childhood magical” has created a strange paradox—we have three-year-olds with math and Mandarin tutors who don’t know how to dress themselves and are sitting in their own poop. We are pushing the toddler mind beyond its limit but simultaneously keeping them far below their own natural capabilities. In the frank, funny, and totally authentic Oh Crap! I Have a Toddler, social worker Jamie Glowacki helps parents work through what she considers the five essential components of raising toddlers: —Engaging the toddler mind —Working with the toddler body —Understanding and dealing with the toddler behavior —Creating a good toddler environment —You, the parent Oh Crap! I Have a Toddler is about doing more with less—and bringing real childhood back from the brink of over-scheduled, over-stimulated, helicopter parenting. With her signature down-and-dirty, friend-to-friend advice, Jamie is here to help you experience the joy of parenting again and giving your child—and yourself—the freedom to let them grow at their own pace and become who they are.

oh crap potty training guide: *Oh Crap! Potty Training* Jamie Glowacki, 2015-06-16 From potty-training expert and social worker Jamie Glowacki, who’s already helped over half a million families successfully toilet train their preschoolers, comes a newly revised and updated guide that’s “straight-up, parent-tested, and funny to boot” (Amber Dusick, author of Parenting: Illustrated with Crappy Pictures). Worried about potty training? Let Jamie Glowacki, potty-training expert, show you

how it's done. Her six-step, proven process to get your toddler out of diapers and onto the toilet has already worked for tens of thousands of kids and their parents. Here's the good news: your child is probably ready to be potty trained EARLIER than you think (ideally, between 20-30 months), and it can be done FASTER than you expect (most kids get the basics in a few days—but Jamie's got you covered even if it takes a little longer). If you've ever said to yourself: -How do I know if my kid is ready? -Why won't my child poop in the potty? -How do I avoid "potty power struggles"? -How can I get their daycare provider on board? -My kid was doing so well—why is he regressing? -And what about nighttime?! Oh Crap! Potty Training can solve all of these (and other) common issues. This isn't theory, you're not bribing with candy, and there are no gimmicks. This is real-world, from-the-trenches potty training information—all the questions and all the answers you need to do it once and be done with diapers for good.

oh crap potty training guide: The Clinician's Guide to Oppositional Defiant Disorder

Michelle M. Martel, 2019-05-23 The Clinician's Guide to Oppositional Defiant Disorder: Symptoms, Assessment, and Treatment uniquely focuses on practical strategies for assessing and treating Oppositional Defiant Disorder (ODD) in youth. After briefly reviewing clinical characteristics of ODD and known causal factors, the book reviews brief and easily administered assessment measures of ODD. It further describes efficacious treatment elements across different treatment protocols that can be personalized for young children, older children, and/or adolescents that are based on unique clinical and family characteristics. Assessment and treatment tips for addressing commonly co-occurring problems, such as difficulties with toilet training, lying, problems with peers, and aggression are included. Finally, the book includes practical tools, such as therapeutic handouts, sample rating forms, and psychoeducational materials for parents and clinicians, along with links to online materials for ease of use in applied clinical settings. - Provides cutting-edge clinical insights on the etiology, assessment and treatment of ODD - Outlines the symptoms of ODD and their links to the development of other disorders - Reviews heritable and environmental causes of ODD - Describes efficacious treatment elements, such as differential attention and time out - Provides guidelines for associated problems, such as bedwetting and lying - Includes in-text and online materials for applied use in assessment and treatment

oh crap potty training guide: Oh Crap. Potty Training Jamie Glowacki, 2015-02-02 Don't you hate when an expert tells you something and makes it sound easy? And you're like...um...that's not how my kid reacts. With her trademark sass and humor, Jamie guides you through the potty training process, including when things don't go as planned. oh crap. potty training is broken down into Blocks of Learning. This makes it super easy to take it step-by-step. It also makes it super easy to figure out where your child might have a glitch in learning. ocpt includes: -current myths and misconceptions about potty training -when and how to potty train in an easy-to-track 6 Block learning system -individual chapters with solutions to potential problems in each Block of Learning -Poop. The longest chapter in the book! -How to handle daycares -What to do if you EC'd -What to do if you've attempted potty training before and had a hot mess -special circumstances including special needs -Dealing with resistance and behavior around potty training -and really, truly...so much more. Tons of tips and tricks for every scenario you can think of.

oh crap potty training guide: Parenting a Two-Year-Old: A Comprehensive Guide for Navigating Toddlerhood Pasquale De Marco, 2025-07-11 Parenting a two-year-old is an adventure filled with both immense joy and unique challenges. These little bundles of energy are brimming with curiosity, eager to explore the world around them, yet their limited communication skills and emotional volatility can sometimes leave parents feeling overwhelmed. ****Parenting a Two-Year-Old: A Comprehensive Guide for Navigating Toddlerhood**** is the ultimate guide for navigating the ups and downs of toddlerhood, providing parents with a wealth of information and practical advice to help them understand and support their two-year-olds. Written by Pasquale De Marco, a renowned parenting expert with over two decades of experience, this comprehensive book covers all aspects of parenting a two-year-old, from understanding their unique developmental milestones to managing their tantrums and behavior. Inside this comprehensive guide, you'll discover: - ****A deep dive into**

the characteristics and behaviors of two-year-olds:** Gain insights into the typical developmental milestones, cognitive abilities, and emotional and social behaviors of two-year-olds, helping you better understand and respond to their needs. - **Expert strategies for promoting your child's holistic development:** Learn how to nurture your child's cognitive, social, emotional, and physical development through engaging activities, positive discipline techniques, and a supportive environment. - **Practical tips for creating a safe and nurturing environment:** Ensure your child's well-being by creating a home environment that is both safe and conducive to their growth and development. - **Effective techniques for addressing common parenting challenges:** Tackle common hurdles like picky eating, sleep problems, and potty training with proven strategies that promote healthy habits and minimize stress for both parents and children. - **Guidance on preparing your child for preschool and beyond:** Begin laying the foundation for your child's future success by understanding the importance of early childhood education and learning how to prepare them for a smooth transition to preschool and beyond. With its clear and engaging writing style, evidence-based advice, and relatable anecdotes, **Parenting a Two-Year-Old: A Comprehensive Guide for Navigating Toddlerhood** is an invaluable resource for parents of two-year-olds. Whether you're a first-time parent or have experience raising older children, this book will equip you with the knowledge and skills you need to create a positive and fulfilling relationship with your toddler. Dive into this comprehensive guide and unlock the secrets to effective parenting in the toddler years. If you like this book, write a review!

oh crap potty training guide: We're Potty Training! Adrian Kulp, 2025-06-17 Get your little one on the potty in no time Ready to say goodbye to diapers, Dad? We're Potty Training! is filled with simple advice to help you and your kid ditch the diapers—together. Wondering if it's really the right time to start? Want to know why kids are scared of pooping? Curious how you can make potty-training fun? Four-time dad and best-selling author Adrian Kulp has answers to all of your biggest questions—and a toolbox full of helpful tricks gained from first-hand experience. We're Potty Training! features: Guidance for new dads—Discover straightforward advice specifically written for dads who have never tried to wrangle another person onto a toilet. Quick tips—Take the process one step at a time with bite-sized chunks of information that will keep you from getting overwhelmed. A lighter approach—This guide provides plenty of laughs that help you keep your chin up and see the humor in wet floors and hidden poop. Take your little one from accidents and damp undies to bathroom champ in no time thanks to this dad-focused guide.

oh crap potty training guide: My Baby's Journal: A Day-to-Day Guide for Tracking Your Child's Growth and Development Pasquale De Marco, 2025-05-02 My Baby's Journal: A Day-to-Day Guide for Tracking Your Child's Growth and Development is the ultimate guide for navigating the incredible journey of parenthood, providing invaluable support and guidance for every stage of your child's development, from those precious first moments to the exciting milestones beyond the first year. As a new parent, you'll embark on an extraordinary adventure filled with both immense joy and countless questions. This comprehensive resource is your trusted companion, offering practical advice, expert insights, and a wealth of information to empower you every step of the way. Whether you're a first-time parent or an experienced pro, My Baby's Journal: A Day-to-Day Guide for Tracking Your Child's Growth and Development is tailored to meet your unique needs and challenges. Within these pages, you'll find a treasure trove of knowledge and support, including: - In-depth coverage of developmental milestones, from physical and cognitive growth to language acquisition and social skills - Expert guidance on feeding, sleep, diapering, potty training, and all aspects of your baby's well-being - Practical tips and strategies for bonding, attachment, and fostering a secure and nurturing environment - Valuable information on common illnesses, safety precautions, and first aid, equipping you to handle any situation with confidence - Insights into the evolving family dynamics, sibling relationships, and the transformative experience of parenthood - A comprehensive look at childcare options, preparing for preschool, and the challenges and triumphs that lie ahead Pasquale De Marco, a seasoned pediatrician and mother of three, draws upon her extensive expertise and personal experiences to provide a compassionate and reassuring voice throughout the book. With

warmth and humor, she shares evidence-based advice, practical tips, and real-life anecdotes to help you navigate the joys and challenges of parenthood. **My Baby's Journal: A Day-to-Day Guide for Tracking Your Child's Growth and Development** is more than just a guidebook; it's a trusted companion, a source of support, and a valuable resource that will empower you to create a happy, healthy, and fulfilling life for your child. As you embark on this incredible journey, let **My Baby's Journal: A Day-to-Day Guide for Tracking Your Child's Growth and Development** be your guide, your cheerleader, and your unwavering source of support. If you like this book, write a review on google books!

oh crap potty training guide: The First-Time Parent's Guide to Potty Training Jazmine McCoy, PsyD, 2020-07-14 Potty train your child confidently, quickly, and successfully—even as a first-time parent! Are you nervous about potty training? Worried that you don't know enough to see it through to the end? Concerned that you don't have enough time to devote to it? This positive, practical, easy-to-follow guide is here to help. By approaching potty training with a proven program, first-time tips and tricks, the right tools, and a confident mindset, you can cross dirty diapers off your endless to-do list and celebrate your child's transition to the toilet. Here's everything you need to know to get your child out of diapers once and for all! **The First-Time Parent's Guide to Potty Training** features: • An easy, step-by-step, 3-day program for ditching diapers, including nap and nighttime training, day care strategies, and on-the-go potty training • Troubleshooting advice for accidents, backsliding, temper tantrums, and more • Guidance for your child if they're anxious, willful, or simply reluctant You can potty train your child, and this book will guide you and cheer you on every step of the way.

oh crap potty training guide: Cribsheet Emily Oster, 2019-04-23 From the author of *Expecting Better*, *The Family Firm*, and *The Unexpected* an economist's guide to the early years of parenting. “Both refreshing and useful. With so many parenting theories driving us all a bit batty, this is the type of book that we need to help calm things down.” —LA Times “The book is jam-packed with information, but it’s also a delightful read because Oster is such a good writer.” —NPR With *Expecting Better*, award-winning economist Emily Oster spotted a need in the pregnancy market for advice that gave women the information they needed to make the best decision for their own pregnancies. By digging into the data, Oster found that much of the conventional pregnancy wisdom was wrong. In *Cribsheet*, she now tackles an even greater challenge: decision-making in the early years of parenting. As any new parent knows, there is an abundance of often-conflicting advice hurled at you from doctors, family, friends, and strangers on the internet. From the earliest days, parents get the message that they must make certain choices around feeding, sleep, and schedule or all will be lost. There's a rule—or three—for everything. But the benefits of these choices can be overstated, and the trade-offs can be profound. How do you make your own best decision? Armed with the data, Oster finds that the conventional wisdom doesn't always hold up. She debunks myths around breastfeeding (not a panacea), sleep training (not so bad!), potty training (wait until they're ready or possibly bribe with M&Ms), language acquisition (early talkers aren't necessarily geniuses), and many other topics. She also shows parents how to think through freighted questions like if and how to go back to work, how to think about toddler discipline, and how to have a relationship and parent at the same time. Economics is the science of decision-making, and *Cribsheet* is a thinking parent's guide to the chaos and frequent misinformation of the early years. Emily Oster is a trained expert—and mom of two—who can empower us to make better, less fraught decisions—and stay sane in the years before preschool.

oh crap potty training guide: The Rory's Stories Guide to Parenting Rory O'Connor, 2024-10-24 THE PARENTING 'GUIDE' YOU'VE BEEN WAITING FOR! Sleep deprivation, stray Lego underfoot, mashed potato on the walls, missing spoons and the unmatched pride that comes with being a father! From the social media sensation, this is a hilarious and painfully accurate look at what parenting really entails – in all its messy glory.

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oh crap potty training guide: The Author's Guide to Murder Beatriz Williams, Lauren Willig, Karen White, 2024-11-05 A pure delight from start to finish! Williams, White and Willig are in top form in this clever, engrossing whodunnit with a heart." —Lisa Unger, New York Times bestselling author of *The New Couple in 5B* Three beloved New York Times bestselling novelists, one marvelously entertaining locked-room whodunit! When a famous writer is found dead in the book-lined study of a remote Scottish castle, three very different American novelists become prime suspects! Agatha Christie meets Murder, She Wrote in this witty locked room mystery and literary satire by New York Times bestselling team of novelists: Beatriz Williams, Lauren Willig, and Karen White. There's been a sensational murder at historic Castle Kinloch, a gothic fantasy of grey granite on a remote island in the Highlands of Scotland. Literary superstar Brett Saffron Presley has been found dead—under bizarre circumstances—in the castle tower's book-lined study. Years ago, Presley purchased the castle as a showpiece for his brand and to lure paying guests with a taste for writerly glamour. Now it seems, the castle has done him in...or, possibly, one of the castle's guests has. Detective Chief Inspector Euan McIntosh, a local with no love for literary Americans, finds himself with the unenviable task of extracting statements from three American lady novelists. The prime suspects are Kat de Noir, a slinky erotica writer; Cassie Pringle, a Southern mom of six juggling multiple cozy mystery series; and Emma Endicott, a New England blue blood and author of critically acclaimed historical fiction. The women claim to be best friends writing a book together, but the authors' stories about how they know Brett Saffron Presley don't quite line up, and the detective is getting increasingly suspicious. Why did the authors really come to Castle Kinloch? And what really happened the night of the great Kinloch ceilidh, when Brett Saffron Presley skipped the folk dancing for a rendezvous with death? A crafty locked-room mystery, a pointed satire about the literary world, and a tale of unexpected friendship and romance—this novel has it all, as only three bestselling authors can tell it!

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een enorme hoeveelheid onzin op de markt, maar dit is een slim, genuanceerd en écht wetenschappelijk onderbouwd pleidooi voor relaxter, leuker en gezonder ouderschap.' Rutger Bregman, auteur van o.a. De meeste mensen deugen Je kunt als aanstaande ouder helemaal gek en onzeker worden van alle – en vaak tegenstrijdige – adviezen die je krijgt; maar wat klopt er nu werkelijk van al die goedbedoelde raad? Wat zeggen de data en welke onderzoeken zijn echt betrouwbaar? Emily Oster, econoom, professor en moeder van twee kinderen, besloot zelf de onderzoeken uit te pluizen om de feiten boven tafel te krijgen. Ze ontkracht mythes rondom borstvoeding (geen wondermiddel), slaaptraining (goed te doen!), zindelijkheidstraining (wacht totdat ze er klaar voor zijn, of koop ze om), taalontwikkeling (vroeg praters worden niet per definitie genieën), en vele andere onderwerpen. Zo kun je als ouder je eigen, weloverwogen keuzes maken. Keuzes die voor iedereen anders kunnen zijn, maar die met dit boek in elk geval gebaseerd zijn op feiten in plaats van fabels. Emily Oster is professor economie aan Brown University en schrijft boeken over zwangerschap en ouderschap. Haar werk is gepubliceerd in The New York Times, The Wall Street Journal, Forbes en Esquire. Emily staat ook wel bekend als de 'parenting guru'. Haar doel: een wereld creëren van meer ontspannen (aanstaande) ouders. Ze woont in de Verenigde Staten met haar man en twee kinderen.

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