

终极育儿策略

保持干脆

给你 99 条 “救命稻草”



蜜雪儿·肯尼迪 著
浙江科学技术出版社

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P+W

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此为试读, 需要完整PDF请访问: www.ertongbook.com

让孩子学着怎么样去保持干爽，并不是对父母最糟糕的挑战，而是对父母耐心的考验——往往是“一步走出，但又退回两步”。这样不断的考验着最有耐心的父母，直到筋疲力尽。

这本便利小书（丛书中的一个分册）所述的方法会让你轻松地解决问题。本书汇集在一起的有效小贴士都直接来自于那些曾与你有着相同状况的父母们！

《终极育儿手册》其他分册：●吃 ●哭 ●睡眠

●独立 ●礼貌 ●发脾气 ●嫉妒

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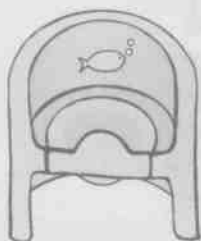
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注：本书以下内文附上原著英文，以资读者。

《保持干爽》

简介

在父母和孩子们的生活里，上厕所的训练是非常烦琐的，需要不断练习，直到满意为止。这对于父母及孩子们来说都一样。不要担心你的孩子会因为开始时的困难而停滞不前，努力后一定会有成果。这些琐碎训练的关键是耐心，不过让父母保持耐心也并不是那么容易的。

在训练过程中，有很多种教育孩子保持干燥的方法。许多家长发现训练孩子们小便比大便简单。我想这是因为他们一天中要小便好几次的原因。不过我坚信，上厕所这些琐碎的训练方法应从开始时就要正确。如果先让孩子这样做，后来再让孩子那样做，只会造成混乱。无论谁都会说让孩子们上厕所是困难的，因为刚开始的几周只会造成混乱。清洗尿布总比不断清洗地板要容易得多，而且我们必须这么做。接下去我们将教你一些小窍门。

staying dry introduction Potty training can be a frustrating, yet ultimately rewarding, time in parents' and children's lives. It's the last big hurdle of toddlerhood and the one that strikes the most fear into parents. Don't worry, you will not scar your child for life if you get off to a sticky start, but you can make things harder than they need to be. Patience is the key to potty training

and I'm not going to say that this quality of parenting is easy to maintain. As with everything in parenting, there are many schools of thought about keeping kids dry. Many parents have discovered that it is easier to train a child to pee in the potty than to poo in it. Part of this, I think, is simply because one pees more times in a day. However, I firmly believe that potty training should cover both, right from the beginning. Allowing a child to do one and not the other will only create confusion and headaches later on. And finally, whoever said that getting a child to go to a toilet made life easier was insane. For the first few months it can be sheer panic; it's much easier to clean out a contained nappy than to clean up the floor constantly (and the car seat and who knows how many pairs of pants). But it can be done and these tips will help you get off to a good start – and if you have already begun, they should help you get back on track.



你的孩子 准备好了吗

你已经换了两三年尿布了，说实话，这太糟糕了。你讨厌那股味道，而且总是要准备那么多的尿布，并常常担心家里是否有足够的尿布。如果你有两个小孩，你就要做双份的尿布清理工作。如果你的孩子已经训练好去厕所会不会让你觉得轻松些？也许是也许不是。上厕所的训练需要你作出很大的牺牲。如果你的孩子没有准备好，那最糟糕的就是你什么地方也不能去。无需再洗尿布了，不过取而代之的是地板、内衣及裤子的清理。所以在你决定跨出这一大步时，要仔细阅读下面的方法，看看你们孩子有没有准备好。

Is your child ready? You've been changing nappies for two, perhaps three years, and frankly, you're sick of it. You're sick of the smell, the constant weight of a changing bag on your shoulder, and the constant worry about whether or not there are enough nappies in the house. Maybe you have a new baby so you are doing double nappy duty. Wouldn't it just be easier if your toddler or preschooler was potty-trained? Well, maybe and maybe not. Potty training takes intense dedication. If your child isn't ready, then you're going to go nowhere, fast. And instead of easing your nappy load, you'll have nappies to change and floors, underwear and trousers to clean. So, before you take this next leap, read these tips to determine if your child is really ready for that next big step.

弄干净

2-4岁

孩子突然要求清洁的渴望也是表示可以训练他上厕所了。当你的孩子要求洗手时，这个时机就到了。他要求用婴儿抹布来清洁房间，或者跑出来跟你说：“尿布太难闻了。”这太棒了，让他自己弄干净，再让他帮助你清洗浴室。这个时候你就可以问他：“学学用厕所怎么样？”

clean away A sudden desire to be clean and to clean things is one indication that your child is ready to potty train. There will come a day (I know, you don't believe me now) when your child will want his hands washed. Or she'll want to

disinfect the house with a baby wipe. Or maybe she'll come right out and tell you that her 'nappies smell yucky'. This is good. Let her clean away. Let her help you to clean the bathroom with that baby wipe and then you can say, 'Oh, and by the way, have you met the toilet?'



2-4岁

模仿是最好的方式

我记得有一次我看到我第三个儿子从书架上拿下一本书，坐在厕所里。我问他要干什么，他回答：“上厕所呀。”如果你的孩子拿着玩具或自己模仿上厕所的动作，这就是个很好的标志。同样，孩子也会在我上洗手间时进来看看，在赶走他几次以后，我发现若孩子只是去洗手间洗澡的话，洗手间对他来说仍是个很神秘的地方。那时起我开始教他怎么做，如果觉得有些不自在，你可以只教他冲水，这是非常有用的，当孩子解开了浴缸旁这个大口子的秘密，他的恐惧感就会减轻许多。

imitation is the finest form of flattery I remember watching my third child take a book off the shelf, sit on a stool in the living room and read. When I asked him what he was up to, he said, 'Going potty'. If you find your child imitating toilet behaviour with a doll or by himself, this could be a good sign. This same child also had a habit of walking into the bathroom while I was in there. After shooing him out the first few times, it occurred to me that to those who have not used the toilet or gone to the bathroom for anything except a bath, the bathroom is a mystical place. So, show him how to do it. If you're a bit uncomfortable, then just do a 'dry run', going through the motions. It will help, I promise. By demystifying that big bowl next to the bath, you can eliminate a lot of fear.

湿的还是干的

2-4岁

你的孩子知道湿的和干的区别么？问他尿布是不是湿的，然后检查他回答得是不是正确，这对孩子上厕所训练是非常重要的。用一次性尿布来检查你的孩子是否注意到潮湿非常好，不过用绒布尿布更适合。可以在内衣的一面保持有一块垫子（确保没有漏洞），不要让它总是干燥，这样可以让他区别湿的和干的。

wet or dry? Does your child understand the difference between being wet and being dry? Ask him if his nappy is wet and then check to see if he's right. It is important for him to know the difference before potty training starts. Disposable nappies do too good a job of keeping your child dry for him to notice wetness but Terry nappies are perfect for this, as is training underwear that has a little pad in the bottom (to prevent leaks) but doesn't keep your child dry!



你的孩子准备好了吗

介绍马桶

2-4岁

你的孩子是否知道马桶和马桶的用处?我经常带着我的孩子去厕所,带他到处看看,告诉他:“这就是马桶,不想尿在裤子上时你可以用这个。”然后我和孩子一起洗干净手出来。

Introducing the potty Look for evidence that your child knows what the potty is and what it's for. I used to take my potty-training-age children into the bathroom all the time, just to show them around. 'This is the potty', I would say. 'Instead of peeing in your pants, one day you can go here'. Then we would wash our hands together.



一个以上的厕所

2-4岁

你家里有多个厕所么？你的孩子知道么？我要问的原因是我们家楼上楼下各有一个厕所，当我的孩子学会上厕所时，我经常在夜里发现他用楼下的厕所（被教会上厕所的地方）。这让我意识到他从来没有上过楼上的厕所，所以有必要让他知道也可以用那个厕所，这对于他来说有点惊讶。让你的孩子熟悉其他厕所，这可以让他学会用学校、商店及其他朋友家的厕所。

more than one Do you have more than one toilet in your house? Does your child know this? The reason I ask is because we have a bathroom upstairs and a toilet downstairs and after my last child was potty trained, I used to find him coming downstairs at night to use the toilet (the one he had been trained in). It occurred to me that he had never gone in the upstairs bathroom before, so I needed to let him know that he could use that toilet as well. It was a bit of a surprise to him. Getting your child familiar with other toilets will also help him to adjust to using the ones at school, in shops and at other people's houses.

去厕所

2-4岁



你的孩子会告诉你尿布湿了或脏了么？这是非常重要的，是孩子是否能意识到去厕所的信号。但不要一开始就换掉他的尿布，要过段时间，告诉他当他有同样感觉时可以坐在那个漂亮的马桶上。如果你发现他非常高兴去，就说明他愿意去尝试这个新事物。

the urge to go Does your child let you know when she is about to wet or soil her nappy? This is an excellent indication that she is ready because it means she recognises the urge to go. But don't freak out the first time she says this and start ripping her pants and nappy off. File it for future use and then tell her that when she feels like that, she can sit on this 'beautiful new potty chair' you picked out together. If you've

noticed that she does a little dance or something similar when she needs to go, take the chair to her from time to time and see if she would like to try it.