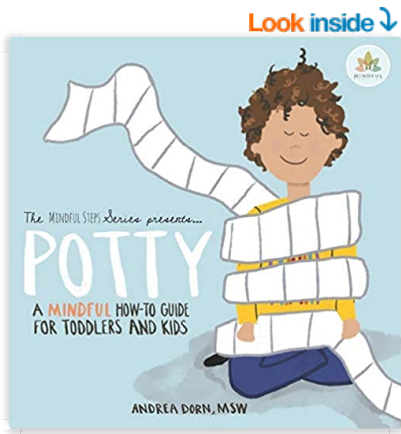


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# Potty: a mindful how-to guide for toddlers and kids (Mindful Steps Series)

Paperback – January 16, 2020

by **Andrea Dorn** (Author)

36 ratings

Book 1 of 3: The Mindful Steps Series

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Follow our unisex character, who just happens to have the same name as your child, (no need to personalize, see how in the book!) through a step-by-step guide on how to use the potty! Written with child psychology in mind, this deceptively simple, yet very intentionally

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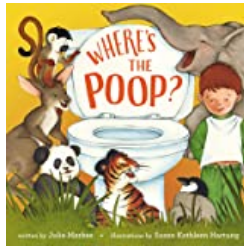
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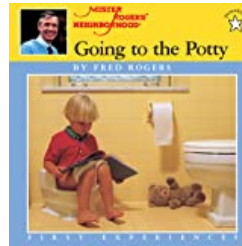
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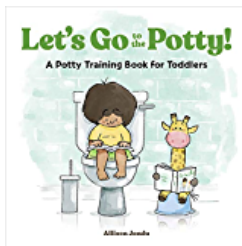
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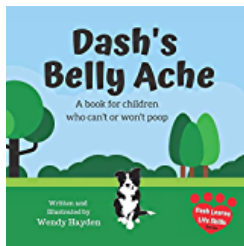
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Allison Jandu  
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## Editorial Reviews

### From the Author

Learning new skills (like going to the potty!) can be a fun, but trying time for kids and parents alike. Children's developing brains (and really, human brains of all ages) benefit greatly from clear and consistent expectations and directions, and books can be a helpful tool to communicate messages that stick. The Mindful Steps book series is designed to help toddlers and children process new skills and big changes. This book and series incorporates aspects of mindfulness and intentionally uses first-person narrative to describe simple, concrete, and repetitive steps to help children to be mindful of not only WHAT to do, but HOW to do the tasks you expect while learning how to use the potty. Over time, this process helps kids to become more independent and successful at connecting dots that can be difficult to connect. Also included, are tips on potty training, suggestions on how to best utilize this book, and links for free printouts of potty training reward charts.

## Product details

**Publisher :** Independently published (January 16, 2020)

**Language :** English

**Paperback :** 43 pages

**ISBN-10 :** 1674961251

**ISBN-13 :** 978-1674961255

**Item Weight :** 4.5 ounces

**Dimensions :** 8.5 x 0.11 x 8.5 inches

**Best Sellers Rank:** #503,275 in Books (See Top 100 in Books)

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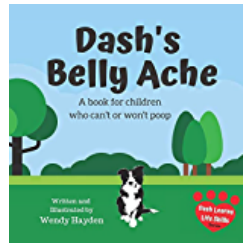
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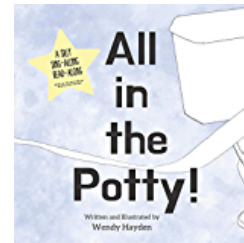


**Dash's Belly Ache: A book for children who can't or won't poop (Dash Learns Life Skills)**  
Wendy Hayden

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*A gentle story about Dash, a dog who doesn't want to poop. His experience will reassure your child, lessen anxiety & help overcome fear of pooping.*



**All in the Potty! Read to the rhythm of Wheels on the Bus (A Silly Sing-Along Read-Along)**  
Wendy Hayden

36

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*Your child will giggle at the silly words, and won't forget to wash their hands!. The catchy rhythm will help your child to remember all of the steps!*



**Dash's Potty Accidents: A book for children who have pee or poop accidents (Dash Learns Life Skills)**  
Wendy Hayden

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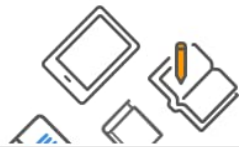
*Dash and his mom work together to help him overcome bedwetting and potty accidents. Dash learns what he needs to do to avoid having potty accidents.*

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Top reviews

### Top reviews from the United States

Brian M Kelley

#### A book you NEED in your house!

Reviewed in the United States on February 6, 2020

**Verified Purchase**

I bought this book to help my 2 yo as we start potty training. I love the language used- clear and direct and easy for him to understand. The book features prompts that I found really helpful to engage my son and keep him calm as he focuses on his body. I can tell the author put a lot of time into the usage of the book rather than just another story about potty training. Resources included in the back were a great bonus! We read it at least once a day here!

Helpful

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Luv2knit

#### A practical guide from a child's perspective

Reviewed in the United States on April 29, 2020

**Verified Purchase**

I like the child character showing children the process of learning to use the potty, both successes and not so much. The character shows how to "fix" unsuccessful tries and how mistakes are part of the practicing. Illustrations are basic and straightforward, so the reader is not distracted from the main focus of the book. I like the conversation-starter, guiding questions for parents and caregivers. Nicely done! I purchased this book for baby gifts and library donations.

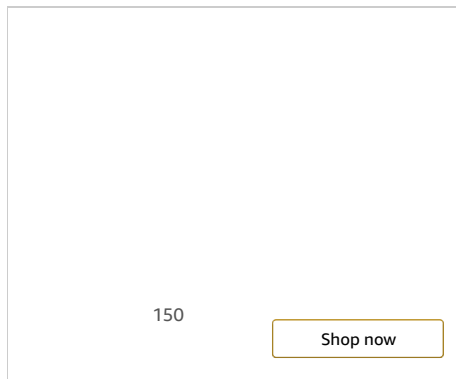
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M. Connor

#### Very cute, my kids love reading over and over!

Reviewed in the United States on August 27, 2020



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**Verified Purchase**

My kids love this book! I love the simple and straightforward illustrations. I love the approach this author takes in teaching about potty usage and understanding your body.

Helpful

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Brittany

**Just perfect**

Reviewed in the United States on October 29, 2020

**Verified Purchase**

Absolutely the best potty book I've found. Really gentle and thoughtful. No pressure, just information presented perfectly for a toddler/small child. You can tell the author is very educated on the subject.

Helpful

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Maggie

**Loved it**

Reviewed in the United States on February 9, 2020

**Verified Purchase**

My 2 year old loved this book. He thought it was extra awesome the character's name was the same as his. Great idea!!! I wish I had this book 12 years ago when potty training my other so . Highly recommend this book!!!

Helpful

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Elizabeth Fuss

**Love this book**

Reviewed in the United States on February 2, 2020

**Verified Purchase**

This is such a great potty training tool. I bought it for my nephew and after one read he immediately went to the bathroom on the toilet! Whether coincidence or not, this book is so interactive, fun, and helpful and I highly recommend it!

Helpful

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Amazon Customer

**Great Book!**

Reviewed in the United States on February 8, 2020

**Verified Purchase**

Such a cute book! I will definitely be using this when we start potty training! Lots of good ways to help calm your child during a time that might seem scary.

Helpful

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Laura

**Great resource for potty training!**

Reviewed in the United States on February 2, 2020

**Verified Purchase**

This book has quickly become one of our favorites! My daughter really enjoys the language and seems to be able to relate! Thanks for a great support during a tricky time!

Helpful

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## Top reviews from other countries

 Abby Zaitzow

### Mindful guide to potty training

Reviewed in Canada on February 7, 2020

**Verified Purchase**

This is a lovely book for children learning how to use the toilet. It also has a lot of interactive prompts to keep your little one engaged and make it your own story. Would recommend!

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