



A Potty Book

Everyone Was a Baby – Nighttime

Welcome to Rosy Window Productions' A Potty Book

Everyone was a Baby is a guided meditation designed to assist children with potty training.

Guided meditations are designed to relax your body and quiet your mind, for safety, please do not play the following if anyone who may be listening is driving or engaged in an activity that requires their full attention.

Can you hear that soft music playing? Maybe you can get settled in for a nice little bit of quiet time. Did you know that every was a baby, you were a baby, and I was a baby, even your Grandma and your Grandpa were babies a long time ago. The lady that works at the store with the vegetables, was a baby, the man that works in the bakery, was a baby. Everyone was a baby.

When Grandpa's were tiny they had to have someone to feed them, and that is ok, because everyone was a baby, everyone had to have help having their lunch.

When Grandmas were tiny, they couldn't sit up all by themselves, and that is ok, because everyone was a baby, everyone had to have help sitting up.

When Daddies were tiny, they couldn't pick up their toys and play with them, and that was ok, because everyone was a baby, everyone needed help picking up their toys.

When Mommies were tiny, they couldn't get dressed by themselves, and that was ok, because everyone was a baby, everyone needed help getting dressed.

When Grandpas grew a little bit bigger, they learned to hold their spoon, and soon learned to eat all by themselves, and that was ok, everyone was a baby, and everyone has to grow a little to learn to hold their spoon so they can eat their lunch.

When Grandmas grew a little bit bigger, they learned to sit up all by themselves, and then they learned to crawl, and stand up, and the even learned to walk, and that is ok, everyone was a baby, because everyone has to grow a little bit bigger to learned to sit up, and crawl, and to stand up and walk.

When Daddies grew a little bit bigger, they learned to hold their toys, to pick them up and to play with them, and that was ok, everyone was a baby, and everyone has to grow a little to learn to pick up their toys and play with them.

When mommies grew a little bit bigger, they learned how to put on their own clothes and sometimes they still needed a little help, but that was ok, everyone was a baby, and everyone has to grow a little to learn how to get dressed.

When everyone was a baby, they could not go to the potty, everyone needed to wear a diaper, and everyone had to have someone change that diaper when it had pee or poo in it.



When everyone grew a little, they didn't want to wear that diaper any more, so when they had to pee or poo they would get help to run to the potty, and that's ok everyone has to grow a little and get some help to learn to go to the potty. Now everyone is really big and they can go to the potty all on their own.

When you were tiny, you had to have help eating your lunch, and look how you have grown, bigger and bigger until you could hold your spoon and eat your lunch all by yourself. You are just the right size to eat your lunch all by yourself.

When you were tiny, you had to have help to sit up, and look how you have grown, bigger and bigger, until you could sit up. You are the perfect size to sit up and stand up, you can walk and run and do all sorts of wonderful things.

When you were tiny, you had to have help to pick up your toys and hold on to them to play, and look how you have grown, bigger and bigger, until you can pick up your toys to play. You are the perfect size pick up your toys, to colour, and play with all sorts of wonderful things.

When you were tiny, you had to have help to get dressed, and look how you have grown, bigger and bigger, and you can get dressed yourself, sometimes with some help. You are the perfect size to put on your cloths and start your day.

When you were a baby, you could not go to the potty, you needed to wear a diaper, and had to have someone change that diaper when it had pee or poo in it.

But you have grown bigger and bigger, you can eat your lunch all by yourself, you can walk and run, and play with your toys, you can get yourself dressed in your big kid underwear, and you don't want to wear that diaper anymore. When you need to pee or poo you get help to run to the potty, and you are the perfect size to run to the potty.

You know when you have to go pee, or poo, you can run to the potty to stay nice and dry. You like your big kid underwear to be clean and dry so you run to the potty.

Just like everyone now runs to the potty when it is time to pee, and runs to the potty when it is time to poo, everyone likes their underwear to stay clean and dry, so they just know when it is time to run to the potty.

You are the perfect size to run to the potty, you are the perfect size to stay clean and dry, you grew bigger and bigger and it is your turn now to run to the potty and wear those perfect big kid underwear. You are so wonderful, just the right size, you are so smart, and happy, and you just know when it is time to run to the potty to pee or to poo.

It is nice to be dry when you are eating your lunch, it is nice to be dry when you sit up or run, it is nice to be dry when you play with your toys, and it is nice to get dressed in your big kid cloths. I know when you don't need those diapers anymore, you can run to the potty when you need to go.

Now you can have wonderful dreams and a very good sleep, you are safe and loved, perfect in every way, and I just know that when you wake up in the morning, you will have a wonderful day, running to the potty to be clean and dry.

