



Fido Knows Nighttime

Welcome to Rosy Window Productions' A Potty Book.

Fido Knows 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 could sit down and have a little rest while I tell you a story. Maybe you can get settled in for a nice little bit of quiet time.

Remember the little kid in the story? He just knew when it was a good time to go to the potty. Isn't it great to do all of the splashing fun things there are to do? Playing in the pool, or with bubbles? Taking a bath sure is a good time to be wet. That little kid was sure happy to wear big kid underwear, and not even have to wear diapers anymore. I bet you are bigger than you used to be too. I bet you can listen to the story that I'm going to tell you and you will see how great it is to run, fast as the wind, when you have to pee, so you can wear big kid underwear too.

Once upon a time there was a puppy named Fido, he was a nice little puppy, he was bigger than his friend Polly, but he was smaller than his Friend Pete. He was just the right Fido size. Fido could do all sorts of things. He could run really fast, he could sleep in his own little bed. Fido could eat all of his supper and he could play all by himself, or have a great time with Polly and Pete.

I bet you can do so many things too, I bet you play so good with your favourite toys, maybe you can stack your blocks, I bet you can look carefully at the pictures in a book, and play by yourself, or play with your friends. Can you run really fast like Fido? What does your own little bed look like? I bet you can eat all of your supper too.

Isn't it wonderful that Fido could do so many things? He was bigger than Polly, but not as big as Pete. So he was just the right Fido size. Fido had learned lots of things already, even though he was smaller than Pete, and he knew he had lots more to learn, because he wasn't as big as Pete yet, He was just the right Fido size.

I know you have learned so many things too, because you are just the right you size, and you will keep learning new things too.

When Fido was just very little, and he came to be with Polly and Pete, he didn't know what to do when he needed to go pee. Polly just smiled at him, because she was so little, but Pete knew just what to do. He would ask Fido – do you have to pee? And they would run like the wind, to the door, and down the stairs, and right to Fido's spot to pee. And each time Pete would ask Fido "Do you have to poo?" they would run like the wind,



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Pete liked helping Fido stay dry and clean and shiny. Pete was so proud of Fido for staying dry, and clean, and shiny. Pete told Fido, the carpet is a place to be dry, and that spot is the place to pee. Pete told Fido, the kitchen is a place to be clean, and that spot is the place to poop. Pete told Fido, when he was playing with Polly, to be sure to run like the wind if he needed to go, and Fido would take a break and run like the wind, because Fido knows when it's time to go. It didn't take Fido too long to just know when to go! He would run like the wind to the Pee Poo spot, and Pete would be so proud of Fido. What a good Fido, who is just the right size.

Isn't it great that you are bigger than you were and smaller than you will be, you are growing and learning and the perfect you size. I bet you know just where to go, if you have to go pee. You could run like the wind, right to your potty, if you have to go pee, you just know where to go. I bet you know just when to go, you can just tell when you need to pee, you can run like the wind, right to your potty, when you need to go. Do your big kid underwear fit just right? And it feels so good to be dry and clean, and run like the wind, right to your potty, to keep those big kid underwear just right.

Mommies and Daddies, Uncles and Aunties, all run like the wind right to the potty, when they need to go pee. Grandmas and Grandpas, and brothers and sisters, all run like the wind right to the potty when they need to go poo.

Fido knows, and you know, when it is time to run like the wind, right to the potty. I am so proud of you for keeping you big kid underwear so clean and dry, you are doing such a good job, being a big kid and going to the potty when you need to go. How wonderful it is that you can wear those nice underwear in the daytime. Isn't it so nice to run like the wind to the potty to pee. Everyone is so proud of you, you are just such a perfect you size to go poo on the potty.

You just have learned so much, you can just do so many things, and just like the little boy you know when to stay dry, and just like Fido you know when it is time to run like the wind, right to the potty. You are safe and loved, you are terrific and wonderful. You are just the perfect you size. I know you can remember to get some help if you need some help, I just know that you are going to have such a wonderful sleep, all night long in your own bed, and in the morning when you wake up, you will know just when you need to run like the wind to the potty.

