

Parenting Tip

Toilet Training – Be Patient.

By John Rosemond

Question: I've been using the method described in your toilet-training book with my 18-month-old daughter and she's been doing great during the day. She rarely has an accident. However, I'm still using a diaper at nap-time and during the night (waiting for some consistency in dryness before taking that away). Is that correct? The only problem is she's figured out the routine and now only poops in her diaper when I put her down to sleep. She has not gone poop on the potty during the day for several weeks. Is that cause for concern? Should I take away the diapers totally? I don't want to create a bad habit. Thanks!

Answer: You (and your daughter, of course) are doing just fine. In fact, you're both doing great and are living proof of the incontrovertible fact that pediatricians (not all, but certainly most) have been giving very bad toilet-training advice for the past 45 years. Specifically, they've been promoting the "child-centered" philosophy that has caused toilet training to become such a huge problem during this same time period. They can be forgiven for believing that the pediatrician responsible for cutting this philosophy out of whole cloth knew what he was talking about, but it's time for them to begin doing major atonement.

Keep up the good common sense! And don't become discouraged, much less anxious, if your daughter has a setback now and then. There will be, as you've already discovered, some bumps in the road. In that regard, the fact that she's waiting until naptime or nighttime to poop is no cause whatsoever for concern. It may take a while—several months, perhaps—but this will eventually resolve itself. In the meantime, celebrate her success and pay little to no attention to her reticence to use the potty for pooping.

Having said that, there are some strategies that might move this process along. One especially creative parent folded a diaper in the bowl of the potty and told her child that the doctor had said he should poop in his diaper that way. The child promptly pooped in the diaper-lined potty and continued to do so from that point forward. That's a testament to thinking outside the box if there ever was one!

It's also interesting to note that prior to the 1960s, when everything parenting in America began to go to Hades in a hand-basket, parents generally poop-trained before they pee-trained. Also, potty seats attached to the seat on the big toilet, so when a child was on the potty, he couldn't get off very easily if at all.

When a child was on schedule to poop, his parents would put him on the potty and walk off. When the child pooped, he called his parents. They'd come in, help him down and clean him off. In other words, on-the-floor potties are part of the problem because children can get off them at will (but the advantage, of course, is they can also get on them without parent help). The sorta-kinda good news is that newer (but in my estimation, somewhat less effective) versions of the "old" potties can still be had. I found some on www.diapers.com, for example. You might want to consider that option.

In any case, stay the course. In the final analysis, patience will be the cure!

Marriage Tip

No. 82

8 Health Benefits of Kissing

By Dr. Joseph Mercola

Kissing is a uniquely human trait that's said to have emerged as a way to pass germs from one person to another, ultimately building immunity. But that's rather unromantic, isn't it? While it seems plausible that kissing would have an underlying biological function, there's also no denying its role in bonding... or overall health.

Kissing not only feels good, it's good for you. It relieves stress and releases epinephrine into your blood, making it pump faster, which may result in a reduction of LDL cholesterol. Kissing may even be a novel way to receive certain hormones, like testosterone:

"Mucous membranes inside the mouth are permeable to hormones such as testosterone. Through open-mouth kissing, men introduced testosterone into a woman's mouth,' which 'is absorbed through the mucous membranes... and increases arousal and the likelihood that she will engage in reproductive behavior." – Psychology Today

Andréa Demirjian, author of *Kissing: Everything You Ever Wanted to Know about One of Life's Sweetest Pleasures*, recently shared eight reasons why with CNN.

1. Reduce Your Blood Pressure

Kissing helps to dilate your blood vessels, which may help lower your blood pressure.

2. Relieve Cramps and Headaches

The blood-vessel-dilation effect described above also helps to relieve pain, particularly from headache or menstrual cramps.

3. Fight Cavities

When you kiss, saliva production increases in your mouth, and this helps to wash away plaque on your teeth that may lead to cavities. That said, cavity-causing bacteria can also be transmitted via a kiss, especially if the person you're kissing has poor oral habits. It's even been shown that cavity-causing bacteria can spread from a mother's kiss to her baby.

4. Release Your Happy Hormones

Kissing prompts your brain to release a happy elixir of feel-good chemicals like serotonin, dopamine, and oxytocin. This isn't only important for your happiness, it also may also help to strengthen your relationship.

Interestingly, kissing activates the same areas in your brain linked to reward and addiction.

Your lips are also densely packed with sensory neurons, which are stimulated by the touch of another's lips. This prompts the release of sebum, which is thought to play a role in bonding.

5. Burn Calories

It's not going to replace your workout session... but a vigorous kiss may burn 8-16 calories. Not too shabby for a kiss.

6. Boost Your Self-Esteem

One study found that men who received a passionate kiss before they left for work earned more money. This suggests the kiss (and perhaps the happy home-life it suggests) makes people happier, boosts self-esteem and, ultimately, more productive at work.

7. Tone Your Facial Muscles

A vigorous kiss helps you shape up your neck and jawline by working out a number of facial muscles.

8. Check Out Your Partner's Compatibility

A kiss can be a powerful measure of your initial attraction to a person, so much so that the majority of men and women surveyed reporting that a first kiss could be a turn-off. Women, in particular, place more importance on kissing as a "mate assessment device" and as a means of "initiating, maintaining, and monitoring the current status of their relationship with a long-term partner."

Read the rest of the article: <http://articles.mercola.com/sites/articles/archive/2014/01/30/8-kissing-benefits.aspx>

Spiritual Tip

101 Proofs for God: #6 Bigness

By Jim Stephens

From the website:
www.101ProofsForGod.Com

Things that are big do something to us emotionally. There is just an awesomeness to big things that can take your breath away.

Think about some "big" thing that you encountered in your life that deeply moved you and made you just marvel... "Wow". Here are some of mine: the Grand Canyon, Niagara Falls, the Redwood trees in Muir Woods, the giant Sequoia trees in Yosemite, Luray Caverns in Virginia, and the Twin Towers in New York before 2001.

Big dogs, big people, big houses, big storms, even big bugs all make us stop and take a second look. A big anything will give you pause. "The largest ... (whatever)... in the world" makes us pause to see what is it. Just for fun, do a Google search for "the biggest _____ in the world" and fill in the blank with anything you can think of.



You probably keep some record book in your brain somewhere for each one of the "biggest I ever saw" in every category. Maybe there are a million categories. You could sit around with your family or friends for hours telling stories about the biggest whatever you have seen.

I saw a TV show not too long ago about a new building going up in the United Arab Emirates that is going to be the tallest building in the world. It was totally fascinating. As you can imagine there are some really difficult challenges, not the least of which was the 125 degree heat and the very high winds.



Here's my point. Something really, really big takes an incredible amount of effort and energy to bring into existence. The biggest building in the world takes phenomenal resources and time and energy and intelligence in its creation.

Let's take a quantum leap and imagine all the resources, time and energy, it took to create every construction project ever made by human beings in all of history: buildings, houses, roads, bridges, dams, everything. Think of the end products that have been created. But note, the end product is what you can see with your eyes. What you can't see is the intelligence and mind power, the creativity and knowledge that it took to build all those things. In fact, all the thinking took place before any of the building itself was done.

A great amount of knowledge about the principles of construction was required even before the image of the end project could be formed. Otherwise the whole thing would come crashing down. A designer was absolutely necessary for every single project that has come into existence. A planner was absolutely necessary for everything to come into existence. Even though we cannot see the planner today, we know there was one for every single one of those construction projects. None of them happened accidentally.

Now let's talk about BIG again. As awesome as some of the creations of man are, as big as some of them are, how big are they relative to the size of the earth? Or compare them to the Solar System or the Milky Way. Compare the Milky Way galaxy to the universe. NASA claims there are 3,000 already observed galaxies, and an estimated 125 billion or more.*

Now we're talking BIG.

The universe is estimated to be 10 to 20 billion years old. The Milky Way alone is 100,000 light years across and contains from 200 to 400 billion stars. The universe is estimated to be over 14 billion light years

across but nobody really knows what's beyond that.



That's BIG. Just trying to imagine the size of the universe seems impossible. Sort of like trying to imagine God. The universe is real. Nobody doubts that it exists even though we can't really get our head around it.

But we have more trouble trying to imagine something BIGGER than the universe. Could there really be a being that in fact is the creator of the universe? It is very hard to imagine God in this way, as a being bigger than the universe using 3 dimensional thinking about size. Maybe that's one reason many people stop trying.

I would argue that since anything that we can conceive of from our experience that is orderly and BIG has an intelligent creator, therefore the universe must have a creator because of the need for a planner and builder.

Therefore there must be a God.

Compliments of the District 1 Marriage and Family Ministry, FFWPU

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