

potty training and nap time

potty training and nap time are two significant milestones in early childhood development that often intersect in daily routines. Successfully managing potty training alongside nap schedules can present challenges for parents and caregivers who strive to maintain comfort and hygiene for their toddlers. This article explores effective strategies for integrating potty training with nap time, ensuring a smooth transition for children during this critical phase. Understanding the relationship between these two aspects helps in anticipating potential issues such as nighttime accidents or disruptions in sleep patterns. Additionally, practical tips on preparing toddlers for nap time after potty training and creating a supportive environment will be discussed. The following sections will guide caregivers through the nuances of potty training during nap time, addressing common concerns and offering expert advice for consistency and success.

- Understanding the Connection Between Potty Training and Nap Time
- Preparing for Potty Training Before Nap Time
- Strategies to Manage Potty Training During Nap Time
- Handling Nighttime and Nap-Time Accidents
- Creating a Consistent Routine for Potty Training and Nap Time

Understanding the Connection Between Potty Training and Nap Time

Potty training and nap time are closely linked because both involve a child's bodily control and comfort. During nap time, children are unconscious of their bladder and bowel signals, making it a common time for accidents. Understanding this connection helps caregivers set realistic expectations and develop effective routines. It is essential to acknowledge that while some children quickly master daytime potty training, nap time control often requires additional patience and adjustment.

Physiological Factors Affecting Potty Training During Naps

During sleep, the body's nervous system reduces activity, which can diminish awareness of bladder fullness or the urge to use the toilet. This physiological change is why toddlers may remain dry during the day but struggle to stay dry during naps. Also, the production of antidiuretic hormone (ADH) varies, affecting urine concentration and volume during sleep.

Emotional and Developmental Considerations

Emotional readiness and developmental milestones play a significant role in potty training success at

nap time. Children may feel anxious about waking up to use the toilet or fear discomfort from waking. Encouraging autonomy while providing reassurance can improve their confidence and cooperation during this stage.

Preparing for Potty Training Before Nap Time

Preparation is key to integrating potty training with nap time effectively. Establishing a calm and consistent pre-nap routine that includes a trip to the bathroom can significantly reduce accidents. This preparation helps signal to the child that using the toilet before rest is an important part of the day.

Pre-Nap Bathroom Routine

Encouraging toddlers to use the toilet immediately before nap time creates a habit that supports dryness. Consistency in this routine reinforces the behavior and helps the child associate bathroom visits with rest periods.

Choosing Appropriate Clothing

Clothing choice impacts the ease of potty training during nap time. Loose, easy-to-remove clothing encourages independence and quick bathroom access, reducing the likelihood of accidents. Avoiding complicated fastenings helps toddlers respond promptly when they feel the need to go.

Strategies to Manage Potty Training During Nap Time

Implementing specific strategies can improve the success of potty training during nap time. These tactics focus on creating a supportive environment that respects the child's developmental stage while encouraging progress.

Using Waterproof Mattress Protectors

Waterproof mattress protectors safeguard bedding from accidents, making cleanup easier and reducing stress for both child and caregiver. They allow parents to maintain a hygienic sleep environment while promoting confidence in the child.

Monitoring Fluid Intake

Regulating fluid intake before nap time can minimize the chances of accidents. Limiting beverages an hour or so before naps helps control bladder fullness without causing dehydration, balancing hydration needs with potty training goals.

Positive Reinforcement and Encouragement

Positive reinforcement strategies, such as praise or small rewards, motivate children to use the potty before naps. Encouragement builds self-esteem and reinforces desired behaviors, making potty training a positive experience.

Handling Nighttime and Nap-Time Accidents

Accidents during nap time are common and should be addressed with patience and practical solutions. Proper management of these incidents preserves the child's dignity and supports ongoing potty training efforts.

Responding Calmly to Accidents

Reacting calmly to accidents prevents shame and encourages children to continue their potty training journey. Caregivers should reassure toddlers that accidents are normal and part of learning, fostering a supportive atmosphere.

Cleaning and Hygiene Practices

Promptly changing wet clothes and linens reduces discomfort and the risk of skin irritation. Using gentle, hypoallergenic products helps maintain skin health, while establishing hygiene routines teaches children about cleanliness associated with potty training.

Adjusting Expectations and Timelines

Recognizing that mastery of nap-time dryness may take longer than daytime training helps set realistic goals. Flexibility in timelines prevents frustration and supports ongoing progress without undue pressure.

Creating a Consistent Routine for Potty Training and Nap Time

Establishing a consistent daily routine that includes potty training and nap time elements is crucial for success. Predictability helps toddlers feel secure and understand expectations, which enhances their cooperation and development.

Developing a Structured Schedule

A structured schedule balances potty breaks, meals, play, and nap times, creating a rhythm that supports bodily awareness and control. Consistency in timing reinforces habits and reduces resistance.

Involving Caregivers in Routine Maintenance

All caregivers, including parents, babysitters, and daycare staff, should follow the same potty training and nap time routines. Uniformity across environments ensures that children receive consistent messages, reinforcing their learning and habits.

Utilizing Visual Aids and Reminders

Visual schedules or charts can help toddlers anticipate and understand their daily routine. These tools promote independence and provide a sense of accomplishment as children track their potty training progress alongside nap time.

- Encourage bathroom visits before naps
- Use waterproof bedding to protect mattresses
- Monitor fluid intake to reduce accidents
- Maintain calm and supportive responses to accidents
- Establish consistent routines involving all caregivers

Frequently Asked Questions

At what age should I start potty training my toddler?

Most children are ready to start potty training between 18 months and 3 years old, but readiness varies. Look for signs like staying dry for longer periods, showing interest in the toilet, and being able to follow simple instructions.

How can I establish a consistent nap time routine for my child?

Create a calming pre-nap routine such as reading a book or singing a lullaby at the same time each day. Ensure the nap environment is quiet, dark, and comfortable to help your child relax and fall asleep more easily.

What are common challenges during potty training and how can I overcome them?

Common challenges include resistance, accidents, and fear of the potty. Overcome these by being patient, using positive reinforcement, maintaining a consistent schedule, and making potty time fun with rewards or praise.

How does nap time affect potty training progress?

Adequate nap time helps children stay rested and focused, which can improve their ability to recognize potty signals and cooperate during training. Overtired children may have more accidents due to decreased awareness.

Should I wake my child from a nap to use the potty?

It's generally best to let your child sleep through their nap to ensure they get enough rest. However, if your child regularly wets the bed or diaper after naps, gently waking them to use the potty can help establish good habits.

How long should naps be for toddlers during potty training?

Toddlers typically need 1 to 3 hours of nap time during the day. Keeping naps consistent and not too late in the afternoon can help with nighttime potty training and overall sleep quality.

Can skipping naps impact potty training success?

Yes, skipping naps can lead to overtiredness, which may cause irritability and decreased bladder control, making potty training more difficult. Maintaining regular nap schedules supports better training outcomes.

What are some tips to combine potty training and nap time routines effectively?

Encourage your child to use the potty right before nap time, keep a consistent nap schedule, and keep the environment soothing. This helps reinforce potty habits while ensuring your child gets the rest they need.

How do I handle potty accidents during nap time?

Stay calm and reassuring when accidents happen. Change your child promptly, wash bedding if needed, and remind them of potty use before naps. Consistency and patience are key to reducing accidents over time.

Additional Resources

1. Potty Time Adventures: A Toddler's Guide to Success

This engaging book introduces toddlers to the concept of potty training through fun stories and colorful illustrations. It encourages children to feel proud of their progress and reassures them that accidents are a normal part of learning. Parents will appreciate the practical tips woven throughout the narrative.

2. Nap Time Wonders: Helping Your Child Rest Well

Designed for parents and caregivers, this book explores the importance of nap time for young children's development. It offers strategies to create a soothing nap routine and overcome common challenges like resistance or difficulty falling asleep. The calming illustrations and gentle tone make it

a great read for both adults and kids.

3. *Bye-Bye Diapers: A Potty Training Journey*

This storybook follows a young child's exciting journey from diapers to using the potty. It highlights the emotions and milestones associated with this big change, helping children feel confident and motivated. The interactive elements, such as reward charts, make potty training a fun and engaging experience.

4. *Sweet Dreams and Quiet Times: Mastering the Art of Napping*

This guide delves into the science behind naps and their benefits for toddlers. It provides actionable advice on setting nap schedules, creating comfortable sleep environments, and managing nap transitions as children grow. The book also addresses common nap disruptions and offers solutions for restful sleep.

5. *The Potty Training Princess*

A charming tale about a little princess who learns to use the potty like a big girl. The story is filled with positive reinforcement and playful rhymes that captivate young readers. It's perfect for bedtime reading and can help ease any potty training anxieties.

6. *Nap Time Ninja: Quiet Moments for Busy Toddlers*

This book empowers toddlers to embrace nap time by portraying it as a secret mission to recharge their energy. Through imaginative storytelling, children learn the value of resting and how it helps them grow stronger and smarter. The lively illustrations keep kids entertained while promoting relaxation.

7. *Potty Training Friends: Learning Together*

Featuring a group of animal friends who help each other learn to use the potty, this book emphasizes teamwork and encouragement. It's an excellent choice for group settings like daycare or playgroups. The repetitive phrases and cheerful characters make potty training relatable and enjoyable.

8. *Cozy Corners: Creating the Perfect Nap Space*

This book offers creative ideas for setting up a cozy and inviting nap area in your home. It covers everything from choosing the right bedding to minimizing distractions and incorporating favorite toys or blankets. Parents will find inspiration to make nap time a peaceful and anticipated part of the day.

9. *From Potty to Pajamas: Evening Routines Made Easy*

Focusing on the transition from potty time to bedtime, this book outlines simple routines that help children wind down at the end of the day. It combines potty training success with calming activities that prepare kids for restful sleep. The step-by-step approach supports consistency, making evenings smoother for the whole family.

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potty training and nap time: *Oh Crap! Potty Training* Jamie Glowacki, 2015-06-16 From potty-training expert and social worker Jamie Glowacki, who's already helped over half a million families successfully toilet train their preschoolers, comes a newly revised and updated guide that's "straight-up, parent-tested, and funny to boot" (Amber Dusick, author of *Parenting: Illustrated with Crappy Pictures*). Worried about potty training? Let Jamie Glowacki, potty-training expert, show you how it's done. Her six-step, proven process to get your toddler out of diapers and onto the toilet has already worked for tens of thousands of kids and their parents. Here's the good news: your child is probably ready to be potty trained EARLIER than you think (ideally, between 20-30 months), and it can be done FASTER than you expect (most kids get the basics in a few days—but Jamie's got you covered even if it takes a little longer). If you've ever said to yourself: -How do I know if my kid is ready? -Why won't my child poop in the potty? -How do I avoid "potty power struggles"? -How can I get their daycare provider on board? -My kid was doing so well—why is he regressing? -And what about nighttime?! Oh Crap! Potty Training can solve all of these (and other) common issues. This isn't theory, you're not bribing with candy, and there are no gimmicks. This is real-world, from-the-trenches potty training information—all the questions and all the answers you need to do it once and be done with diapers for good.

potty training and nap time: *Perfect Parent Collection- Sleep Training, Toddler Discipline and Potty Training* Lucy Watson, 2020-07-17 This is a 3 book Parenting Collection including: Sleep Training: The Baby Sleep Solution for the Exhausted Modern Parents Having a new baby is an exciting experience. You want to be able to hold them and cuddle them all the time. You are excited to see them grow and change over the years. And you may even have some big hopes and dreams for their futures. But everyone can agree that getting enough sleep during that first year with your baby can be a big challenge. With the help of sleep training, you will be able to get your sleep schedule back, with baby sleeping in their own room, in no time at all. Toddler Discipline Are you dealing with a child who has a lot of tantrums? Does it feel like you can't take them anywhere because the tantrums are just getting too bad? Do you feel hopeless and like everyone is judging you about the way that your child behaves? Many children have tantrums and it is a part of their normal development. But being able to handle these tantrums in a safe and effective manner can prevent the headaches and can make life easier with a toddler. Potty Training:How To Potty Train Your Child In One Day Potty training is an important milestone for your child. They are growing up and have reached the right developmental milestones to be able to go to the bathroom and understand what is going on. While this is so important and a big milestone to celebrate, many parents look at potty training with dread. They do not look forward to the races to the bathroom, the accidents and messes, and all the fights to get their child to learn how to use the potty. Get this 3 book collection today and easily learn Effective Strategies and Techniques To help your baby get sleep without crying, get respect and eliminate tantrums from your toddler and potty train your child fast!

potty training and nap time: *Potty Training in One Day* Narmin Parpia, 2006 This book walks parents through the entire potty process â?? from determining if their child is ready, to step by step instruction on what to do and how to do it including how to handle bowel movement training and bedwetting. The goal is to help parents prepare for this important developmental milestone and make it a positive and memorable experience for both parent and child.

potty training and nap time: *Potty Training Your Puppy: A Complete Guide to Success* Samantha D. Thompson, 2023-01-01 A must-read for any dog owner looking to master house training. Are you a new dog owner or struggling with a dog that just won't seem to get the hang of house training? Look no further! Potty Training Your Puppy: A Complete Guide to Success is your go-to guide for all your house training questions and concerns. This book is specifically designed to help you teach your dog proper bathroom habits, whether you're dealing with a new puppy or an older dog that needs a refresher course. With easy-to-follow instructions, practical tips, and expert advice, you'll be on your way to a fully house trained dog in no time. Inside this comprehensive guide, you'll discover: The Importance of House Training: Understand why it is essential to establish

good bathroom habits for your dog. Setting a House Training Schedule: Learn how to create a routine that suits your dog's needs and your lifestyle. Crate Training Basics: Discover the benefits of crate training and how to use it effectively during the house training process. Indoor vs. Outdoor House Training: Explore the pros and cons of both methods and choose the best option for you and your dog. Dealing with Accidents: Get practical advice on how to handle accidents and setbacks during house training. House Training Specific Breeds: Learn about breed-specific house training challenges and techniques tailored to your dog's breed. House Training Puppies: A step-by-step guide to house training your new puppy with patience and consistency. House Training Rescue Dogs: Understand the unique challenges of house training a rescue dog and how to help them adjust to their new home. House Training Senior Dogs: Discover tips and tricks for house training older dogs with age-related issues. Handling Common House Training Issues: Learn how to address common problems like marking, submissive urination, and separation anxiety. Transitioning to a New Home: Get advice on how to maintain house training success when moving to a new environment. Using House Training Aids: Understand the role of training aids like puppy pads and dog litter boxes in the house training process. House Training and Health Issues: Learn how to recognize and address health-related house training challenges. Reward-Based Training: Discover the power of positive reinforcement in house training and how to use it effectively. Troubleshooting House Training Issues: Get expert advice on how to overcome common house training obstacles and setbacks. With Potty Training Your Puppy: A Complete Guide to Success you'll be well-equipped to tackle house training and create a happy, harmonious relationship between you and your furry friend. Grab your copy today and unlock the secrets to a well-trained, accident-free dog!

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for obedience training Encouraging your puppy to learn new commands during potty training Training your puppy to wait until commanded to go Preventing future accidents Continuing positive reinforcement Keeping a consistent routine Encouraging your puppy to communicate their needs Regular check-ins with your vet Conclusion The benefits of successful potty training Celebrating your puppy's progress Encouraging continued training and growth The importance of patience, persistence, and positivity

potty training and nap time: 3 Day Potty Training Lora Jensen, 2014-03-04 3 Day Potty Training is a fun and easy-to-follow guide for potty training even the most stubborn child just 3 days. Not just for pee and poop but for day and night too! Lora's method is all about training the child to learn their own body signs. If the parent is having to do all the work, then the child isn't truly trained, but with Lora's method your child will learn when their body is telling them that they need to use the potty and they will communicate that need to you.

potty training and nap time: The Sleep Lady's Good Night, Sleep Tight Kim West, 2020-03-10 The go-to guide to getting infants and toddlers to fall and stay asleep, completely revised and updated Kim West, LCSW-C, known to her clients as The Sleep Lady®, has developed an alternative and effective approach to helping children learn to gently put themselves to sleep without letting them cry it out -- an option that is not comfortable for many parents. Essential reading for any tired parent, or any expectant parent who wants to avoid the pitfalls of sleeplessness, Good Night, Sleep Tight offers a practical, easy-to-follow remedy that will work for all families in need of nights of peaceful slumber! New material and updates include: New yoga recommendations Updated information for parents of young infants Expanded information on nighttime potty training Ending co-sleeping Sleep training for twins and multiples

potty training and nap time: Potty Training Your Baby Katie Warren, 2013-07-02 *** OVER 500,000 COPIES SOLD *** Contrary to traditional belief, the transition from diaper to potty can be started even before your child's first birthday—and completed by the second! In Potty Training Your Baby, Katie Warren provides information on everything from where to buy a potty to dealing with those inevitable little "accidents." Perhaps most important, she shows how you can turn this often dreaded and frustrating task into a time of growth and learning for both you and your child.

potty training and nap time: The Love That Dog Training Program Larry Kay, Dawn Sylvia-Stasiewicz, 2013-07-10 Dawn Sylvia-Stasiewicz is a very special trainer. She knows dogs instinctively, and, drawing on lessons she learned from raising three children, she uses the power of positive reinforcement and bonding to train dogs to be joyful, obedient, and devoted members of a family. Dog lovers throughout the Washington, DC, area know her: She trained each of the late Senator Ted Kennedy's dogs, and when the Obama family were deciding on a puppy— and could have chosen any trainer in the world to work with—it was Ms Sylvia-Stasiewicz who trained Bo. In The Love That Dog Training Program, a lively, accessible, authoritative book, she shares her invaluable and proven program. Her method is based on positive reinforcement. She believes in trust and treats, not choke collars; in bonding, not squeezing or hitting. Her dogs are happy and self-confident, spirited yet very well-behaved. The basic program is five weeks, it takes only 15 or 20 minutes a day, and it works for both puppies and dogs, including retraining a dog with bad habits. Illustrated with step-by-step photographs, The Love That Dog Training Program covers hand-feeding. Crate training and potty training. Simple commands—sit, stay, come here—as well as more complex goals, such as bite inhibition and water safety. It shows how to avoid or correct common behavioral problems including jumping, barking, noise phobias, hiding, and more. Then: how to make your dog comfortable in the world—a dog that travels well, knows how to behave in a dog park or vet's office, is comfortable around strangers, and more. As the author points out, dog training never ends, it just gets easier—and even more rewarding.

potty training and nap time: Stress-Free Potty Training: Teach Yourself Geraldine Butler, Bernice Walmsley, 2010-06-25 Teach Yourself - the world's leading learning brand - is relaunched in 2010 as a multi-platform experience that will keep you motivated to achieve your goals. Let our expert author guide you through this brand new edition, with personal insights, tips, energising

self-tests and summaries throughout the book. Go online at www.teachyourself.com for tests, extension articles and a vibrant community of like-minded learners. And if you don't have much time, don't worry - every book gives you 1, 5 and 10-minute bites of learning to get you started. This book helps you spot the all-important signs that will show your child is ready Gives you everything you need to prepare you and your child - preparation and confidence is the key to success! * Will help not only you but your child feel fully in control of the situation * Walks you and your child step-by-step through the process with practical solutions and stories from people who've been there * Plenty of coverage of special needs and reassuring advice for relapses or common problem * written by a Health Visitor and midwife with over 20 years' experience of advising parents and their children Stress-free Potty Training is a child-focused and supportive guide that will help you to potty train your child in a way that works for you both. Giving both reassuring advice and practical solutions, it opens with a unique questionnaire that will help you to tell whether or not your child is ready for toilet training, and will then help both you and your child to prepare for the days ahead, through talking, playing and reading books. Once you are both fully prepared, the book will guide you step-by-step through the process, from the earliest days to going out and night-time dryness. It will give you advice on how to cope if you are working or child is in daycare, will address special needs and relapses, and give plenty of reassurance and practical tips for dealing with common problems. With case studies, further resources and expert insight, this is a comprehensive guide that will help your child achieve this major step with minimal stress or worry.

potty training and nap time: The Complete Guide to Cairn Terriers Vanessa Richie, 2022-03-21 Author Vanessa Richie used interviews with Six TOP Cairn Terrier Breeders to create the perfect guidebook for any new Cairn Terrier owner. This complete resource offers an in-depth look at what it'd truly like to live with a Cairn Terrier. Covering topics such as: Selecting the right Cairn from a breeder or rescue The unique Cairn traits that every new owner should prepare for Cairn-proofing your house and yard Preparing your family and other pets for a Cairn Begining training strategies Cairn specific nutritional needs and health care Exercise strategies for keeping your Cairn happy and healthy Health care and Cairn specific disease prevention The Cairn Terrier is an intelligent, tenacious, headstrong, and happy dog that can become an integral part of the family. Made famous by Toto in the movie The Wizard of Oz, this dog can be quite a handful, but they will always be small enough to fit in your lap once they are done romping. Their cheerful disposition, lack of fear, and active personality come from centuries of working in Scotland, where they worked to chase small animals, most notably foxes. This means they require a firm, consistent approach to training and applying the rules. This book is designed to help you know what to expect when you adopt a Cairn Terrier. To bring out that adorable personality from the movie, you need to establish a schedule and stick to it. This book will help you make sure that you are prepared for the large personality that comes in such a small package. It will also help you care for your little companion to live a long healthy life. With an average lifespan between 12 and 15 years, you have a lot of time to make a lot of great memories with your little Cairn Terrier.

potty training and nap time: Everyday Pediatrics for Parents and Caretakers George Salamon M.D. FAAP., 2024-06-27 The goal of this book is to bring everyday pediatrics closer to you, the parents and caretakers. It helps you decide what advice to follow and learn what the common misconceptions are. The book discusses problems and important questions from baby and child care to more serious issues. It helps you decide when to call the doctor and when emergency care is necessary. This book is unique because many chapters start with important questions that your child's doctor probably will ask. After that, symptoms and group of symptoms are listed, leading to possible diagnoses. At the end of the book, there is a summary of tests, procedures, and surgeries. Also, there is a list of health-care professionals.

potty training and nap time: The New Father: A Dad's Guide to The Toddler Years, 12-36 Months (Third Edition) (The New Father) Armin A. Brott, 2019-05-14 The essential guide for fathers of one- and two-year-olds, completely revised and updated Learn how to make a positive impact in these milestone years of your child's development, when he or she goes from crawling to walking,

and from knowing just a few words to speaking in complete sentences. Armin Brott guides you through this crucial phase of fatherhood three months at a time, in the third volume of the New Father series trusted by millions of dads nationwide. Each chapter covers: Your child's physical, intellectual, verbal, and emotional/social development What you're experiencing as a father Age-appropriate activities you and your child can enjoy together Family matters, including your relationship with your partner, sibling relationships, and more This new edition of *The New Father: A Dad's Guide to the Toddler Years* has been thoroughly updated to cover the issues dads face today, from balancing work and family to managing kids' screen time. Dads will rely on this friendly yet authoritative book—and moms will find it helpful, too.

potty training and nap time: *13 Is the New 18* Beth J. Harpaz, 2009-01-27 "I wonder sometimes if there's something to the old superstition about the number thirteen. Maybe that superstition was originally created by the mothers in some tribe who noticed that in their children's thirteenth year, they suddenly became possessed by evil spirits. Because it did seem that whenever Taz was around, things spilled and shattered, calm turned into chaos, and tempers were lost." So laments the mother of one thirteen-year-old boy, Taz, a teen who, overnight it seemed, went from a small, sweet, loving boy to a hulking, potty-mouthed, Facebook/MySpace-addicted C student who didn't even bother to hide his scorn for being anywhere in the proximity of his parents. As this startling transformation floors journalist Beth Harpaz and her husband, Elon, Harpaz tries to make sense of a bizarre teenage wilderness of \$100 sneakers, clouds of Axe body spray (to hide the scent of pot?!), and cell phone bills so big they require nine-by-twelve envelopes. In the process, she begins chronicling her son's hilarious, sometimes harrowing, indiscretions, blaming herself ("I am a terrible mother" becomes her steadfast refrain), Googling unfamiliar teenage slang, reading every parenting book she can get her hands on, and querying friends who also have teens. From a derailed family vacation where Taz is more interested in trying to get a cell phone connection than looking at the world's largest trees (boring!), to a prom where Taz is caught with liquor, to a trip to Australia sans parents in which Taz actually doesn't get into any trouble and manages to do his own laundry, the events that mark Taz's newfound and troublesome independence are told with a wry and poignant voice by a woman who's both wistful for the past and trying her hardest to understand her son's head-scratching new behavior. In her quest to infiltrate his world by spying on his MySpace page (where he claims he's twenty-two), Harpaz expands her online monitoring and soon becomes a Facebook addict. She also reflects on her own youth and entry into middle age, and in the process achieves hard-won wisdom. A book for any parent of teens—be they girls or boys—*13 Is the New 18* is a delightfully comical foray into today's increasingly widening generation gap and one mom's attempt to figure it all out with little guidance and a whole lot of misplaced guilt.

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