



# “POOP”

## *Potty Training Essentials*



Liz Lowy

Gentle Sleep and Potty Coaching  
Certification, Montessori Teacher  
Certification

MA in Early Childhood and Special  
Education, New York University

BA in Child Development and  
Psychology, Tufts University

## April 23, 2026

Liz Lowy (Gentle Potty Coach)

*With an introduction by Rabbi Leah Citrin*

Learn about the Gentle Potty Coaching approach for a calm, stress-free potty training experience. This program explores how GPC differs from other methods, outlines the basic steps of the approach, helps you determine when your child is ready, and addresses common potty-training challenges with practical strategies to overcome them.

Liz Lowy is a certified Gentle Potty and Sleep Coach and the founder of Groove Parenting. Her expertise is coaching parents through sleep and potty training in an empowering way that avoids power struggles and regressions, and empowers confidence and self awareness. Liz has worked in NYC preschools as a teacher, admissions director, and education director for over 20 years. She currently serves as the Director of Early Childhood at the 14th Street Y. As a mom of 3, she understands the challenges busy parents face in today's world. She finds joy in coaching parents to feel their best, while honoring each family's unique values. You can learn more about her approach at [grooveparenting.com](http://grooveparenting.com).

## EAT SLEEP POOP *A Parenting Mini-Series*

This is the last of three separate workshops led by experts and hosted by WRT clergy and ECC administration. Light bites and wine provided, followed by a presentation and Q&A.

**\$18**

**7:15 - 8:30 PM at WRT**

*All are welcome.*



Register at <https://tinyurl.com/mnxmz83e> or scan the QR to the right.

Questions? Email [rebecca.roseman@wrtemple.org](mailto:rebecca.roseman@wrtemple.org).



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