

TOILET TRAINING

When to start toilet training

You may be able to start toilet training when your child...

- shows an interest in the potty
- knows he is “going to the toilet”
- can tell you that she needs to “go”
- has regular bowel movements
- stays dry in diapers for several hours in a row
- has very wet rather than damp diapers
- can take down and pull up his pants
- can understand simple instructions
- can stand up and sit down
- wants to be independent

Most children are ready to begin toilet training when they are between two and four years old. However, every child is different. Try not to rush toilet training.



How to help your child get ready

Learning to use the toilet takes time. It can take weeks to months before a child is mostly dry. Many children will accidentally wet or soil their pants a year or more after toilet training starts.

You can help your child learn about using the toilet by...

- letting him watch you use the toilet
- teaching your child how to know when she is “going”
- saying words that everyone can understand such as pee pee, bowel movement, poop or pooh-pooh
- getting a potty or seat ring
- letting him try to dress and undress himself
- reading story books about toilet training



How to toilet train your child

When your child is ready:

- Make the time to help your child every day.
- Show your child the potty and tell her what it is for. Empty dirty diapers into the potty or toilet.
- Use diapers only when your child is sleeping.
- Put your child in underwear and dress your child in loose clothing. Wearing clothing without fasteners and buttons will make it easier for your child to go to the bathroom without help.
- Develop a routine by having your child sit on the potty at specific times during the day such as after getting up in the morning, after meals and snacks, before bedtime and naps.
- Watch for signs that let you know your child needs to use the toilet.
- Ask your child if he needs to use the toilet.
- Encourage your child to tell you when she needs to go. Take your child to the potty.
- Stay with your child while he sits on the potty. Don't make him sit on the potty if he doesn't want to.
- Tell your child you are proud even if she doesn't go in the potty. Let her know she can try again later.
- Teach your child to wash her hands after using the toilet.



Praise your child often. Be patient and cheerful.

If your child does not learn to use the potty after a couple of weeks, he is not ready. Stop and try again a few weeks later.

Remember:

- Be consistent and follow the same toileting routine every day.
- Stay at home on the first day of toilet training.
- Choose a time when the family is relaxed.
- Do not try to toilet train if your child is upset.

Children can control their bowel movements before they can control their urine. Also, they learn to stay dry during the day before they learn to stay dry at night.

Children who are already toilet trained may start having accidents again, especially if they get upset. These accidents are common until about five years of age. Do not punish, shame or blame your child. Tell your child that you understand and that she soon will be using the toilet again.

