

Toilet Training

1. Signs of Toileting Readiness:

Your child:

- wakes up from a nap dry
- stays dry for at least two hours
- can indicate/shows discomfort in a wet/soiled diaper
- likes to flush the toilet and/or sit on the toilet
- expresses the need to use the washroom
- enjoys imitating older siblings or peers
- is aware that the diaper is wet/soiled

2. Pre-Toilet Training

To develop your child's routine:

- change your child's diaper in the washroom
- allow your child to watch a sibling or parent use the toilet
- empty dirty diapers into the toilet and allow child to flush it down
- use words and pictures to label the activity (i.e. toilet, potty, pee, poo, etc.)
- child can practice sitting on the toilet with his/her clothes on
- read your child books about toileting: i.e. "Once Upon a Potty" by Alona Frankel
- have your child feel the diaper while you label it wet or dry
- have your child help by bringing the new diaper and throwing the old one in the garbage
- use pretend play to develop your child's awareness i.e. "Fisher Price People" on a miniature toilet or a doll on the potty
- try to avoid negative reactions to bowel movements, i.e. instead of saying "ooh stinky," say "oh, I smell poo".

3. Other Ideas

- take child to the toilet at the time when the diaper is usually wet
- let your child explore the toilet before sitting on it
- prepare child for going to the toilet by using consistent labels/pictures/objects
- make washroom comfortable, i.e. music, toys, or books
- take off the diaper for short periods of time and use underwear
- remain positive, relaxed and praise your child for any toileting effort

Note – If your child becomes agitated or upset during the routine, stop the activity. Your child may not be ready. Return to some of the pre-toilet training activities when your child is comfortable.

(Adapted from several sources.)