

TOILET TRAINING

CHILD HEALTH ASSOCIATES

childhealthassociates.net | [508] 832-9691



HOW TO BEGIN

- Show your child how you sit on the toilet and explain what you're doing.
- Establish a routine. For example, have your child sit on the toilet after waking with a dry diaper, or about an hour after drinking lots of liquids.
- Only put your child on the toilet for a few minutes a couple of times a day, and let your child get up if he or she wants to - don't make them sit on the toilet for longer than they desire.
- Have your child sit on the toilet within 15 to 30 minutes after meals as the body has a natural tendency to have a bowel movement after eating.
- Many kids have a time of day they tend to have a bowel movement, encourage sitting on the toilet at these times, like in the morning upon waking up.
- Encourage your child to sit on the toilet if you see clear cues of needing to go to the bathroom, such as crossing legs, grunting, or squatting.
- Empty a bowel movement from your child's diaper into the toilet, and tell your child that poop goes in the toilet.
- Avoid clothes that are hard to take off, such as overalls and shirts that snap in the crotch. Kids who are toilet training need to be able to undress themselves.

TIPS & TRICKS FOR THE CHALLENGES OF TOILET TRAINING

READINESS

Most children begin to show signs of readiness between 18 and 24 months though some may not be ready until later.

Boys often start later and take longer to learn than girls.

Signs your child may be ready to start:

- Able to follow simple instructions.
- Understands and uses words about using the toilet.
- Makes the connection between the urge to pee or poop and using the toilet.
- Is able to keep a diaper dry for 2 hours or more
- Gets to the toilet, sits on it for enough time, and then gets off the toilet.
- Pulls down diapers, disposable training pants, or underpants.
- Show an interest in using the toilet or wearing underpants.
- Hides when having a bowel movement.
- When sensing the urge, their facial expressions may change, move into a squatting position.

PREPARATION

Begin using words to express the act of using the toilet ("pee," "poop," and "potty") with your child.

Ask your child to tell you when a diaper is wet or soiled. Identify behaviors, ("Are you going poop?") so that your child can learn to recognize the urge to pee and poop.

Get a potty chair your child can practice sitting on.

Have your child sit on the toilet in a diaper if having a bowel movement, then progress to them wearing a diaper with a hole cut into it so they can see the void in the toilet after, and then progress to without a diaper.

TOILET TRAINING



Toilet training often takes between 3 and 6 months, but each child's experience differs. Staying dry overnight can take months to years to master.

REGRESSION

Common causes of toilet training regression:

- Change in the child's routine like starting a new day program, having a new sitter
- Mother's pregnancy or the birth of a new sibling
- A major illness of the child or a family member
- A recent death impacting the family
- Parental marital conflict or divorce
- An upcoming or recent move to a new home
- Constipation/painful bowel movements
- Urinary tract infection
- Other medical problems
- Big happy events can represent a real challenge to young children still struggling with their own routines.

Regression usually does not last very long, often your child will pick up where they left off after a few days or weeks

OVERCOMING REGRESSION

1. Identify the problem, rule out any physical cause, ask the child about the changed behavior, evaluate for any routine changes, or stressors.
2. Respond - create 1:1 time, surround the toilet the familiar objects in the new home, and ask your child to think of ideas to become an active role in the process.
3. Clarify expectations, be supportive, have the potty readily available, sit them on the toilet at times you think they are most likely to go, and utilize positive reinforcement methods.

WHEN TO CALL

- If your child is regularly having problems with toilet training and no social, or emotional cause is identified at home, contact the office to rule out a medical cause for this.
- For any questions or advice on the process or if your child is 4 years+ and the toilet trained.

BONUS TIPS

- Offer your child small rewards, such as stickers or time for their favorite activities, each time your child goes on the toilet, even if they do not void.
- Print a photo of a toy/reward they want, cut it into puzzle pieces, and have them add a piece to the photo for each time spent on the toilet.
- Once your little one appears to be mastering the use of the toilet, let him or her pick out a few new pairs of big-kid underwear to wear.
- Make sure all caregivers follow the same routine and use the same names for body parts and bathroom acts. Let them know how you're handling toilet training and ask that they use the same approaches so your child won't be confused.
- Praise all attempts to use the toilet, even if nothing happens.
- Accidents will happen - it is important not to punish toilet-training children or show disappointment when they wet or soil themselves or their bed.

ADDITIONAL RESOURCES

www.kidshealth.org

www.healthychildren.org

www.pampers.com