

TOILET TRAINING TIPS

Signs Of Readiness

- 1) Does not have speech delay and communicate to you that he or she has to void or have a bowel movement.
- 2) Starts to try to take diaper off or lets you know when a wet or soiled diaper has been made soon after or when the sensation is first felt.
- 3) Shows interest in accompanying you to bathroom, interested in flushing, toilet paper, etc.
- 4) Plays with dolls or other stuffed animals in pretending to go to the potty.

How To Begin

- 1) Go shop with child to purchase a toilet chair that is stationary and sits on the floor. This is important so that he or she can access it anytime they want and so that your child's feet will be able to be on the floor and help him or her push off for bowel movements.
- 2) Start by playing with the potty chair with your child's clothes on, that is pretending and making a big deal about how fun the potty is.
- 3) When your child is seeking the potty chair as interesting independent of you, then it is time to start sitting them on the potty after meals with his or her diaper off. Remember to not let your child to sit on the potty more than 5 minutes, even if they insist they still want to sit there and read books, etc.
- 4) If your child only wants to sit for less than a minute or a few seconds, that's okay. Praise them for a good try and don't force it.

5) Before the age of 2 or 2.5y, there is no reason to go "hard core" with potty training or try to accomplish it cold turkey or in one day.

6) When your child is nearing 3y old and has adequate communication skills, then it is appropriate to try the approach described below, where in a few days...they get the message.

7) When your child starts peeing or pooping in the potty more times than not when you are placing them there after meals, then it is time to try the training below.

Formal Training

1) It is easy to try to reward a child to sit on the potty, but sometimes you may be missing the key times when they will have a full bladder.

2) Another concept is to try to teach them the difference between wet and dry.

3) Make sure you have at least 2 days without much else going on to dedicate to this process.

4) Make sure you are giving your child plenty of fluids and salt-containing foods so that they make more urine.

5) Try not to use pull-ups except for naps or night time. Put child directly into underwear, and expect that he or she will have several accidents in the beginning.

6) Have the child feel his underwear to show him what dry feels like. When he wets, show him what wet is.

7) Initially set a timer for every 5-10 minutes, and when it goes off, ask him, "Are you wet or dry?" Of course he may always say "DRY!", because he'll realize that is the right answer, but check him, and if he is dry, reward him with one piece of his favorite treat. If he is wet, show him what wet is again, and tell him that it's okay, maybe he'll be dry the next time the timer goes off.

8) After you have had 30-45min of dryness, sit him on the toilet and encourage him to pee. Don't force him to sit there too long, if he says he doesn't have to, then say "we'll try again", and reset the timer.

9) If he does not go pee after the first sit on the toilet, don't wait until too long before sitting him on again. Continue to set the timer to check for dry-ness, but retry the toilet in 20-30min this time. If he has successfully voided after the first sit on the toilet, then continue to reset the timer and sit him back on every 45-60 min.

10) When he does poop or pee successfully in the toilet, he may then receive 2 or 3 pieces of his favorite treat.

11) After he has demonstrated consecutive "dry" checks, then you can set the timer for 20-40 min intervals and sit him on every 2-3 hrs.

Eventually he will remain dry without timer checks. You should be able to achieve this at the end of the 2 days.

It is important to continue to take your child to the toilet to sit every 1-2 hrs for the first several weeks, as they still may not recognize to tell you that they need to go and be more prone to accidents.