



Toilet Training

May 30th, 2017

A few things to keep in mind...

The child needs to be physiologically ready to start toilet training. Keep in mind if the child:

- 1
 - Does not have a physical impediment that would hinder toilet usage (ex. constipation).
- 2
 - Can walk to the bathroom.
- 3
 - Can remove his/her clothing.
- 4
 - Can sit on the toilet.
- 5
 - Can follow parental instructions without major behavioral problems (ex. Huge tantrums, crying, throwing toys).



Be aware...



- Not all kids are ready to start toilet training at the same time.
- If the child is having major issues with using the toilet and is young (18 months to 2 and a half years old), you might need to resume toilet training at a later stage or at a slower pace.



Tracking

- It's recommended to first track your child's toileting habits in order for you to know when it might be the most appropriate and natural time to take your child to the potty chair.
- You can use a chart like this:

	Pant Checks			Wetting/Soiling Accidents		
	Time	Dry Yes/No	Reward Yes/No	Time	Situation	Response
Day						
Day						
Day						

Child-Oriented Approach



Gradual introduction of toilet at 18 months old.

The child sits on a potty chair fully clothed for a few minutes each day.

The child sits on the potty chair without diapers.

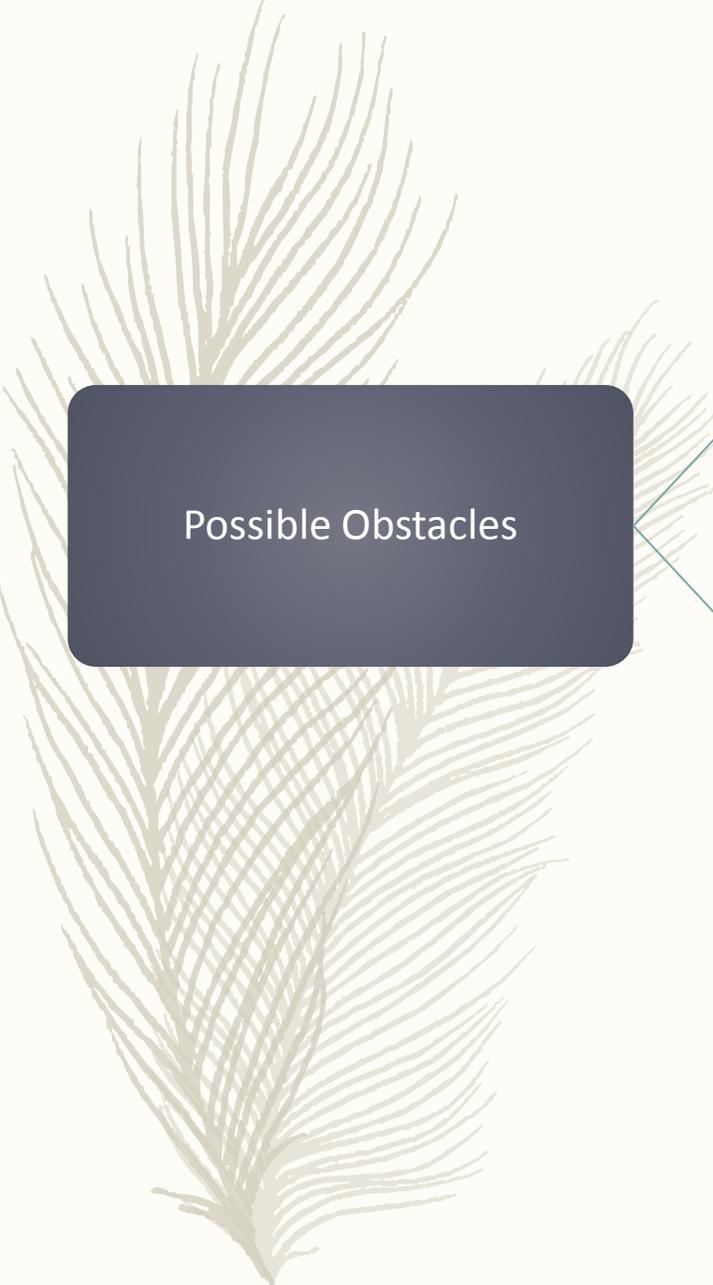
The child is taken to the potty chair when diaper is soiled. The diaper is dropped in the potty chair to help child learn the purpose of the chair.

The potty chair is placed in the child's play area and told to use the potty if need be.



Tips

- Once the child begins to use the potty chair, he/she “graduates” to training pants. Give **lots of praise** to that!
- Each child might require more **time** on one step than the other.
- If the child does not seem to progress to the next step quickly, it’s ok. **Just keep practicing** each step for at least 1-2 weeks.
- **Provide rewards** for using the potty chair or not soiling his/her clothes.
- If an soiling accident occurs, use a **neutral response** (It’s not a bad or good thing, it’s normal).
- If the child does not progress. **Stop training and resume at a later time.**



Possible Obstacles

Noncompliance or tantrums

Be aware of why your child is doing it. Is it to get parental attention? Is it to escape something he/she does not like?

Anxiety or Fear

Be careful. We do not want to make this an anxiety provoking experience but also remember that children are resilient.

If he/she is anxious: think “baby steps” and take it slow.

Final Considerations



- Pay **LOTS of attention and praise** to the positive behaviors your child is doing:
 - Examples:
 1. *Going into the bathroom.*
 2. *Sitting in the potty chair.*
 3. *Verbalizing his/her need to use the toilet.*
- Be **SPECIFIC** with your praise (Ex. “Good job sitting in the potty chair!” or “Good job keeping dry pants!”)



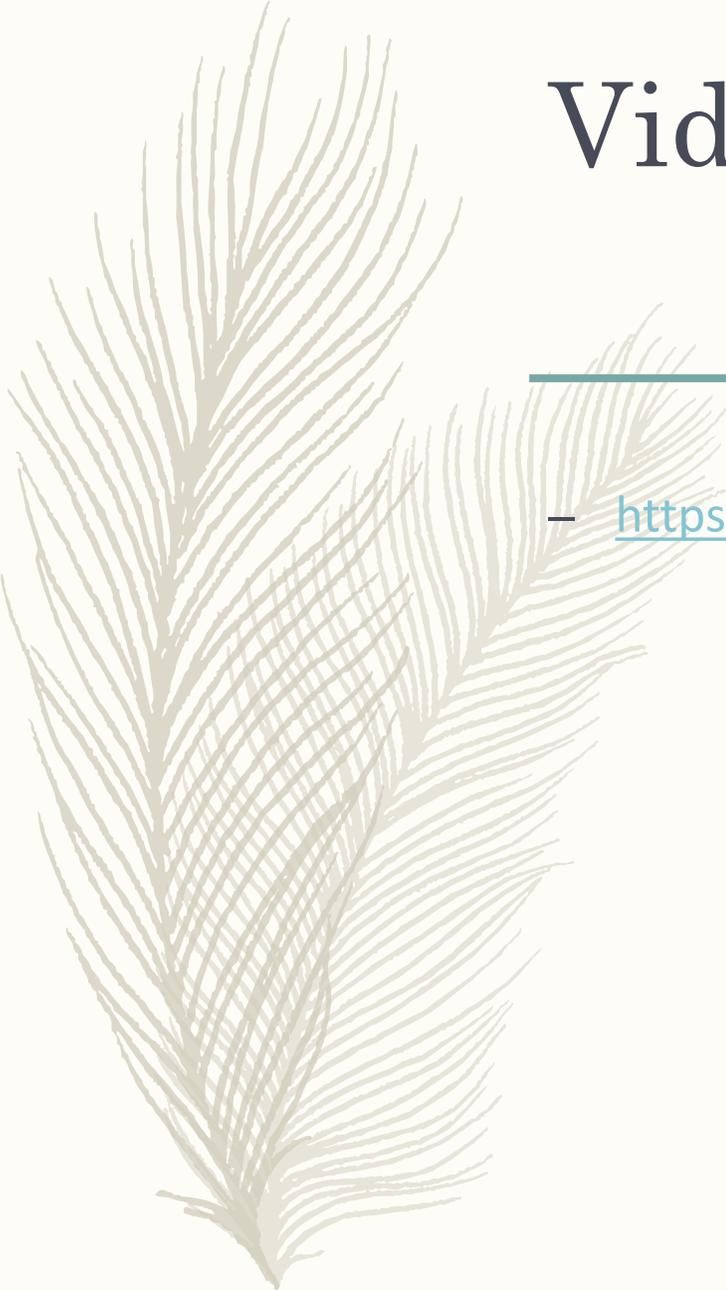
Be gentle and patient with yourself.

Pay attention to the positives that YOU are doing too.

Consistency is the key! Keep persevering.

For PARENTS

Video

A decorative graphic of a feather, rendered in a light beige or tan color, is positioned on the left side of the slide. The feather has a central rachis with numerous barbs extending outwards, creating a fan-like shape. It is oriented vertically, pointing downwards.

– https://www.babycenter.com/2_potty-training-in-10-steps_10385130.bc