

# TOILET TEACHING

Toilet teaching is “the process of training a child to control bladder and bowel movements and to use the toilet” and become as independent as possible.

Children toilet train at different ages and go through the same steps at different paces. There is no particular age to start. Timing is based on the child’s own readiness skills, their interest, and the environment as well as the family priorities.



## Steps To Success

- Children are dependent on an adult for all training needs
- Some support required using a hand over hand method
- Use of gestures and visual reminders to help complete toileting sequence
- Children are able to complete all actions independently

## Parent/Caregiver Readiness

- Notice child’s typical voiding patterns. Do they typically have a bowel movement around the same time of day or after they eat? Use these times as guidelines to start
- Take into consideration if you are going to use a regular toilet, a child size potty or toilet ring
- Make sure everyone involved with the child is aware of the “toilet language” you are using so everyone can use similar words. This is especially important when the child is starting to indicate independently that they need to use the bathroom
- If using a regular size toilet, use a stool. It is easier for the child if their feet are grounded
- Make sure you have time in your day to be relaxed and consistent. Accidents will happen



## Child’s Readiness Skills

- Child has some bladder and bowel control & can stay dry for a consistent period of time
- Child can follow one step directions and imitate tasks
- Child can help with their dressing skills, pulling pants up and down
- Child can sit on the toilet for a few minutes, approximately 3 to 5 minutes
- Child notices when their diaper is wet or soiled and needs to be changed
- Child is showing an interest in wearing underwear
- Child doesn’t have any fears about the toilet
- Toilet training can still be successful if they are not showing a lot of readiness skills; it just tends to take longer



## Helpful Tips



- Dress child in loose fitting clothing with few buttons or snaps. Elastic waistbands are easier
- Have a regular bathroom routine even when you are changing their diaper. Use visual cues to help the child predict what is happening next
- Change child's diaper as soon as you know the diaper is wet or soiled and talk about what you are doing
- Read stories about going to the toilet. Talk about what the characters are doing
- Have extra clothes and materials used to clean up accidents close at hand
- If using rewards, pick something that the child can't have at any other time of the day
- Provide child with plenty of fluids
- Be on the lookout for signs that the child wants or needs to go to the bathroom.
- Don't ask, do you have to go? The answer is usually "no". Instead try saying, **"it's time to" or "Let's go to"**
- Be aware of your own body language and tone of voice. Stay calm, accidents will happen

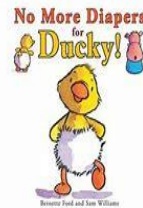
## Reflective Questions



- What parts of toilet training might be challenging for you?
- How will you respond when an accident happens?

## Suggested Children's Books

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- Peggy's Potty by Camilla Reid
- Everyone Poops by Taro Gomi
- Diapers Are Not Forever by Elizabeth Verdick
- Big Boy Underpants by Fran Manushkin
- Big Girl Panties by Fran Manushkin
- No More Diapers for Ducky by Bernette Ford and Sam Williams



After reading this reflective sheet, think about **"I wonder, I learned, I will..."**

This sheet was created by the All Kids Belong team based on their knowledge and experience, and is intended to assist individuals to identify areas for further thought.

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