



# Toilet Training

## How Do I Know My Child Is Ready?

Every child is different when it comes to being ready for toilet training. Typically, toilet training occurs between the ages of 2 and 4, however there are signs that can indicate they are ready:

- Your child is showing an interest in toilet training
- They know when they need to go to the bathroom
- Your child takes their own pullup/diaper off to use the toilet
- Their diaper is dry for several hours
- Your child can pull down their own diaper, pull-up or pants
- Your child tells you when their diaper/pull-up needs to be changed because it is wet/soiled
- They are willingly able to sit on the toilet for a few minutes

## Prepare You and Your Child

It's important to prepare your child for toilet training rather than surprise them. Children react more positively when they know what to expect. Here are a few steps you can take in preparing you and your child:

- Set a date to start training and let any other caregivers know in advance (Early Childhood Educator, grandparents). Ensure that they all know the proper words to use for toilet training.
- Build up the excitement with your child about toilet training and continue to remind them that the day is coming.
- Make the bathroom an inviting place by adding pictures, stickers and books or anything else you think will help.
- Discuss bathroom words with your child so they know what they mean.
- Put all diapers/pull-ups, wipes and extra clothes in the bathroom. You want your child to learn that bathroom related duties happen in the bathroom.
- Provide a step stool and toilet ring to encourage independence.
- Decide if you are completely taking away pullups/diapers and using only underwear. Do not flip back and forth as it may confuse your child or encourage your child to go back to wanting a diaper/pullup.

Toilet training is an exciting time in your child's life because they are demonstrating their independence and reaching another milestone in their development.

Although it can be frustrating at times for both the parents and child, a child learning a life skill is a great achievement to celebrate.

## Remember:

- Don't force toilet training. If they are scared or nervous, this may delay their readiness.
- If your child makes a mistake, do not get upset at them. Reassure them it is ok and explain that accidents happen.
- Cheer them on and congratulate them even if nothing happened! Every child loves to be celebrated, even if it's just for trying.
- Toilet training takes time, especially staying dry through the night. There is no specific set time for how long toilet training should take. Be patient!

If you require assistance in supporting your child's needs or would like more resources at this time, please contact your Resource Consultant with Childinü Oxford. Visit <https://www.childinuoxford.com/about/meet-our-team/> for their contact information.

## Time to Toilet Train!

- When you have started toilet training, ensure your child is always wearing pants/shorts that they can pull down/up on their own.
- Have a routine for when your child goes to the bathroom:
  - Your routine may include taking your child to the bathroom a half hour after every meal or drink, as soon as they wake up and right before they go to bed
  - Take your child to the bathroom every 30-45 minutes or when they are showing signs of needing to go (crossed legs, holding)
- Let your child know it's time to try the toilet and walk with them to bathroom. Encourage them to pull down their underwear and pants and climb up on the toilet. It's ok if they need some assistance with this step. Allow your child to sit there for up to 2 minutes. You can even provide them with some activities such as reading books to help them relax.
- When they are done, have them wipe (or offer assistance) and ask them to pull their underwear and pants up.
- Remind them to flush the toilet and then wash their hands.
- Give them lots of praise! If they didn't successfully go, then praise them on something else such as washing their hands or trying to go.

## My Child Is Regressing

Your child has started toilet training and is making progress whether it's undressing themselves independently, having few accidents, staying dry through the night, etc. You think your child will be toilet trained soon, but then something happens... they start to regress. Your child is now having more accidents, no longer asking to use the toilet, etc. Now what?

There are many reasons your child may regress such as a new baby in the family, they started at a new school or maybe your child is more anxious and stressed lately. Whatever the reason is, you can help your child successfully get back on track.

The most important thing to remember is to stay calm and to not get upset with your child. Acknowledge and praise the behavior you want to see and ignore the unwanted behavior. Be consistent with your routine and allow your child a few extra minutes when they are sitting on the toilet. To make toilet training more exciting and rewarding, include a reward chart. Set goals you think are best for your child and reward them with a toilet-training specific treats. Be patient as it might take time for your child to get back on track.

If you believe there is medical reason for your child's regression such as constipation, please see your family doctor as soon as you can.