

TOILET TRAINING

When to start toilet training

A child may be ready to start toilet training when ...

- he knows he is “going to the bathroom”
- he can tell you that he needs to “go”
- he can take down and pull up his pants
- he can understand simple instructions
- he wakes up with a dry diaper
- he can stand up and sit down by himself
- he shows that he wants to please his parents

Most children are ready to begin toilet training when they are between 2&3 years old.

Every child is different.



How to help your child get ready

You can help your child learn about using the toilet by...

- teaching him to know when he is “going”
- teaching him words that everyone can understand such as pee pee, bowel movement, BM, poop
- letting him watch you use the toilet
- giving him a potty
- letting him try to dress and undress himself
- reading him story books about toilet training.

**Give him
a potty.**



**Stay with him
while he sits
on the potty**



How to toilet train your child

When your child shows that he is ready...

- show him the potty and tell him what it is for
- tell him to tell you when he needs to go
- take him to the potty when he tells you he has to go
- stay with him while he sits on the potty
- don't make him sit on the potty if he doesn't want to
- even if he doesn't go in the potty, tell him you are proud of him. Let him know he can try again later.
- empty dirty diapers into the potty or toilet. This may help him understand what he is supposed to do.

If your child does not learn to use the potty after a couple of weeks, he is not ready. Stop and try again a few weeks later.

Remember ...

- Do not try to toilet train if your child is upset.
- Accidents are common until about five years of age. Do not punish, shame or blame the child.
- Children can control their bowel movements (BM) before they can control their urine.
- Children learn to stay dry during the day before they learn to stay dry at night.
- A child who is already toilet trained may start having accidents again if he gets upset. This sometimes happens when there is a new baby. Tell your child that you understand and that he soon will be using the toilet again.

