



TIPS AND TRICKS FOR UNDERSTANDING AND MANAGING TOILET TRAINING

Signs that your child is ready to be toilet trained:

- Your child exhibits adequate coordination skills, such as walking and running.
- Your child is able to urinate a fair amount at one time.
- Your child has regular, well-formed bowel movements at relatively predictable times.
- Your child has “dry” periods of at least three or four hours, which shows that his/her bladder muscles are developed enough to hold urine.
- Your child can sit down quietly in one position for two to five minutes.
- Your child dislikes the feeling of wearing a wet or dirty diaper.
- Your child shows interest in the bathroom habits of others, such as wanting to watch you go to the bathroom or wear underwear.
- Your child provides you with a physical or verbal sign when he or she is having a bowel movement such as grunting or squatting.
- Your child demonstrates a desire for independence and takes pride in his or her accomplishments.
- Your child can follow simple instructions.
- Your child has developed words to signify urine and bowel movements.
- Your child understands the physical signals indicating that he or she has to use the bathroom and can tell you before it happens.
- Mostly importantly wait until your child is ready, take it slow, and praise your child and accept that there will be accidents along the way.

Tips to aid parents:

- When potty training do your best to plan ahead, such as taking your child to the restroom prior to leaving the house or other settings.
- Use a timer to go off every two to three hours throughout the day as a reminder for your child to use the bathroom.
- Read various books related to potty training with your children, such as *Once Upon a Potty* by Alona Frankel or *The Potty Book* by Alyssa Satin Capucilli. Both have two versions – one for boys and one for girls.
- The following DVD may be helpful as well: Potty Power
- Allow for privacy if necessary.
- Put your child’s favorite toy in the bathroom. This can entice them to use the restroom.
- Implement a behavior chart that rewards them each time they use the bathroom.