

TOILET LEARNING GUIDANCE

SIGNS OF READINESS

How exciting your child is showing readiness for toilet learning! This is a major step in your child's independence. Signs of readiness include staying dry for extended period of time, telling you when they need to go to the bathroom, and being interested in the toilet.

PROCESS TOWARDS READINESS

Stage 1

Completely unaware of body sensations for urination and defecation

Stage 2

Aware of the need to urinate or defecate after the fact

Stage 3

Aware before they urinate or defecate

*****This is when they ready to begin!**

DOS

- Begin when you have a few days to be home all day
- Go to wearing underwear all of the time (unless needed for nap and nighttime)
- Give away diapers to someone younger and/or keep out of sight and reach
- Be patient, calm and factual - " I see you are wet; let's go to the bathroom so you can clean up."
- Have special books for when your child sits on the toilet
- Establish routines - For example, "we use the toilet before we go outside and after we eat."
- Offer a choices that is acceptable to you - would you like to go now or in 2 minutes?
- Dress your child for independence - wearing elastic waistbands allows the child to pull up and down easier

DONTS

- Don't use pull ups. They allow the child to choose to whether to use the toilet or "diaper".
- Go back and forth between diapers/pull ups and underwear
- Do not punish or scold for accidents
- Do not engage in power struggles with your child

If you are having success at home, but your child is still having accidents, still send to school in underwear. Just remember to send lots of extra clothes!