



TOILET TRAINING

Is my child ready to work on toilet training?

- he can let you know when his diaper is wet or dirty (telling, pulling or pointing at diaper)
- he can tell you when he needs to go
- he wakes up with a dry diaper
- he wants privacy when he is going

Getting ready for toilet training:

- Allow her to watch family members use the toilet
- Change diaper in the bathroom and empty diapers into the toilet
- Read books, use a personal story or watch videos about toileting
- Practice sitting on the toilet (e.g. bath time, pajamas time)
- Pretend dolls and stuffed animals are using the toilet
- Use a visual schedule

Helpful Hints:

- Put her on toilet every 2 hours for no longer than 10 minutes. Praise her even if she does not go
- Stay with her and give her a book or toy
- Work on toilet training consistently for a few weeks, if there is no change set it aside and start it again later when she is ready
- If toileting becomes a battle, stop and try again later
- Make sure you have the time to focus on toilet training. It is okay to wait
- Try leaving pants off for short periods to see if she will sit on toilet when she doesn't have to remove them
- Some children are motivated by stickers or treats as a reward
- Accidents are common until about 5 years of age

For more information please visit www.earlyintervention.simcoe.ca