

Toilet Training

Readiness Cues To Look For:

- ❖ Child shows interest in the potty
- ❖ Child will let you know when they have a soiled diaper
- ❖ Notice child will start “hiding” when using bathroom
- ❖ Begin to manipulate easy fastened clothing
- ❖ Child will try to get on the toilet to sit

TIPS for Teaching Toileting

Establish a Routine for Bathroom Breaks

- * Every 2-3 hours
- * After meal times

Have Child try to Undress/Dress Themselves

- * Elastic band pants
- * Large zippers or buttons

Let Child sit for a set Amount of Time

- * 3-5 Minutes
- * Can use a Timer

Have Child vocalize if they are Successful

- * “I did it!”
- * “I went potty!”

Try wearing real Underwear underneath their pull-ups

- * Helps child learn the dry/wet feeling

Use Reinforcers for Successful Attempts

- * Favorite candy or finger food
- * iPad game
- * Singing a happy song

Provide positive praise to build confidence in your child. Remember all new skills require Practice and Patience!