

Toilet Training Tips:

Signs of Readiness:

- Dry periods of 2+ hours during the day
- Expression of interest in toilet training
- Ability to pull clothes up and down
- Self-awareness of need to go and indication of it (preferably verbal)

Your child seems ready, so now what?

- Decide on the vocabulary you want to use for urine and stool and use it consistently
- Purchase a potty chair. Allow your child to come along and pick it out if possible. Potty chairs are usually easier for a toddler to use than over-the-toilet seat. It gives the child more independence and leverage with use. Nonetheless some insist on the big toilet and a stool can help make this easier. The goal is their interest and enthusiasm!
- Allow your child to observe the gender-appropriate parent using the restroom for a while leading up to initiation of toilet training.
- Consider trying out the potty when the child is undressed for the bath and the water is running. This is a natural response for most of us!
- If they're forgetting or ignoring the urge, try regular trips every 2 hours or so. Success often promotes their initiation.
- Place the potty chair in an accessible location, very close to where your child plays every day.
- Dress for success! Keep in loose, easy to remove clothing!
- Encourage your child and acknowledge/praise their accomplishments. A small consistent reward system (stickers, stamps, candy treat) should be visible and inspiring!
- Any books, songs, or videos to make it fun are encouraged.

Other tips:

- Try not to over-remind.
- Keep stools soft by increasing fiber in diet and encouraging plenty of water.
- If not making progress or your child is very resistant, stop and try again 1-2 months later.
- Wait for nighttime/naptime training until your child is consistently dry during the day. Often the nights come later when they are able to hold it that long or wake up and go on their own.