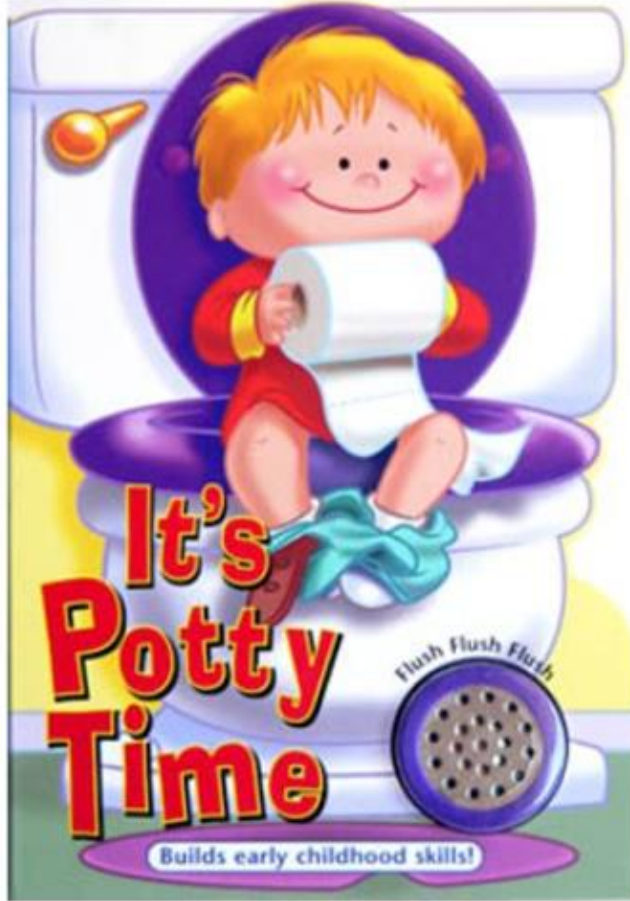


Toilet Training

(also known as potty training)



Potty Training Pre-Test

1. What age do children normally begin potty training?



2. How do you know when a child is ready to begin potty training?

- Physically
- Emotionally



3. What can parents do to help prepare children for potty training?



4. How do children feel about flushing the toilet?



5. Is it ok for children to wear diapers at night even after they are potty trained during the day?



6. Is regression common in potty training?

7. What are training pants?



Readiness

- 18 Months to Age 3-1/2
- Physically mature and emotionally ready
- Control sphincter muscles
- Recognize body sensations that precede elimination



Areas of Readiness

Motor

- Able to squat without losing his/her balance
- Able to dress/undress his/her self with limited help

Cognitive

- Demonstrates imitative behaviour
- Plays make believe
- Able to sit down or play quietly for about 5 minutes

Language

- Able to understand simple requests
- Able to show his/her needs using words, signs or gestures
- Can name urine and bowel movements
- Toileting Skills
- Able to stay dry for at least an hour or two
- Awareness of what the toilet is for
- Aware of being wet or soiled with consistent bowel movements
- Not currently experiencing a stressful situation

Types of Potty Chairs

Separate Potty Chair



Child Seat on Toilet



Toilet Seat Safety



- Use a seat lock to prevent accidental drowning

- Use a stool to help prevent falls



Common problems and solutions

- Resistance
- Refusal
- Won't have a poo on the potty
- Was trained but has regressed



Resistance

Some Reasons Why Children Resist

- Too many reminders
- Too many lectures
- Forced to sit on the toilet against their will
- Punishment
- Investigate...
- Confusion
- Anxiety/Fear
- Control – Independence Issues
- Too much pressure
- Physical Pain

Refusal to Use the Toilet

Why?

Possible Reason...

- It is big...cold
- Makes loud noises
- Things disappear in it never to be seen again

How to Help?

- Need to increase their comfort level.
- Reassure them that is what is supposed to happen.

Says, “NO!”

Why?

Possible Reason...

- May be discovering that “NO” is a way to exert power.
- Control and independence issues

How to help?

- Resist Reminding
- Don't Hover
- Be Calm About Accidents
- Reward Good Behaviour

Won't Have a Poo on the Potty

Very common problem!

- Fearful of making a mess
- Observe and log
- Use a pull up/diaper
- Watch for constipation
- Talk about body functions

Was Trained...Has Regressed

- Even small changes
- Be careful not to push
- Find ways to reinforce his/her independence

More Suggestions

- Establish a reward or incentive for using the potty.
- Have the child involved with changing themselves
- May need visual references along with verbal directions for the step by step process
- Establish a specific routine for children that have many accidents
- Some Specific Incentives
 - Stickers/Stamps
 - Tickets to redeem for rewards
 - Printable colouring pages
 - Activities
 - Legos

Helpful Strategies for Parents

If they are having trouble...

- Books and videos
- Siblings
- Monitor fluid intake
- Use easy to remove clothing
- Share what works at school
- Reminders to remain calm and positive
- Expect accidents
- Do not blame or threaten the child
- Explain expectations (“Next time ask for help”)
- Do not insist the child stay on the toilet more than a few minutes
- Create a routine with the parent

Books/Resources

- Your New Potty by Joanne Cole
- Oh Oh! Gotta Go! By Bob Mc Grath
- The Princess and the Potty by Wendy Cheyette Lewison
- When You've Got to Go! by Mitchell Kriegman
- The Potty Book for Boys/Girls by Alyssa Satin Capucill
- Potty Time by Guido van Genechten
- All By Myself by Anna Grossnickle Hines
- Once Upon a Potty by Alona Frankel
- Everyone Poops by Taro Gomi
- A Potty for Me!: A Lift-the-Flap Instruction Manual by Karen Katz

