

TOILETING TIPS

Toileting Signs of Readiness

Your child has begun to . . .

1. Demonstrate increased language skills.
2. Imitate your behavior.
3. Urinate and have bowel movements at predictable times.
4. Display more awareness of their body. Ask to be changed.
5. Show signs that they are about to urinate or have a BM (facial expressions, hides behind sofa, etc.)
6. Express a desire to get dressed and undressed all by themselves. "I do it!"
7. Stay dry longer and/or stays dry through nap.
8. Show interest in potty or "big-kid" underwear.

Tips for Successful Toileting

1. Establish a routine, which includes hand-washing. Many parents have their child sit just before bath-time at night or in the morning upon waking. Sometimes it helps to read a story or sing a song during each diaper change or each time your child initially sits on the potty.
2. Buy a special potty with your child's help or a stool, which will help them feel more stable on the "big potty" or a special insert/seat for your toilet.
3. Make potty time fun and relaxing. Read stories or sing songs with your child.
4. If your child has an accident, encourage participation from your child during clean-up.
5. If your child has a BM in their diaper or underwear, have the child assist you in dumping the BM in the potty and practice flushing.
6. Allow your child access to self-care items such as tissues, wipes and changes of clothes.
7. Always use objective and positive language. Celebrate all successes, no matter how small.
8. Be consistent. While toileting can be a big time investment initially, the more committed you are, the more it will pay off in the long run.
9. Remain calm, positive and encouraging. The more relaxed you are, the more relaxed your child will be about this big and exciting milestone!

We must support as much as possible the child's desires for activity; not wait on him, but educate him to be independent. Maria Montessori