

Toileting Tips

Toileting is naturally a huge area of question for parents and caregivers of toddlers. We are happy to speak with you regarding any questions you may have around toileting specifically related to your child. Included below are a few signs of general readiness and tips for supporting your child in this process!

Signs of Readiness

Your child . . .

1. Demonstrates increased language skills.
2. Begins to imitate your behavior.
3. Begins to urinate and have bowel movements at predictable times.
4. Becomes more aware of their body. Asks to be changed.
5. Shows signs that they are about to urinate (facial expressions, hides behind sofa, etc.)
6. Wants to get dressed and undressed all by themselves. "I do it!"
7. Stays dry longer and/or stays dry through nap.
8. Shows interest in potty or "big-kid" underwear.

Tips for Starting

1. Attempt to change your child standing-up. Encourage their participation in getting themselves dressed. (Ex. pulling up their own pants)
2. If your child shows interest in the potty, have them sit and "practice" without expectations of a specific result.
3. Buy a special potty with your child's help or a special stool or toilet seat which will help them feel more stable on the "big potty. "
4. Create a routine which includes hand-washing. Many parents have their child sit just before bath-time at night or in the morning upon waking.
5. Make potty time fun and relaxing. Read stories or sing songs with your child.
6. When the child has bowel movements, have the child assist you in dumping the BM in the potty and practice flushing.
7. Remain calm, positive and encouraging. The more relaxed you are, the more relaxed your child will be about this big and exciting milestone!

Potty Books for Kids

Everyone Poops

The Potty Book for Girls/The Potty Book for Boys

A Potty for Me

My Big Boy Potty

Once Upon a Potty for Girls/Boys

Big Girls/Big Boys use the Potty

Even Firefighters go to the Potty

Taro Gomi

Alyssa Satin Capucilli

Karen Katz

Joanna Cole

Alona Frankel

Andrea Pinnington

Wendy Wax, Naomi Wax and Stephen Gilpin

For Adults

Toilet Training: The Brazelton Way

T. Berry Brazelton and Joshua D. Sparrow

Online Resources

Potty Scotty (for boys)

Potty Patty (for girls)

www.pottyscotty.com

www.pottypatty.com