

Toilet Training Information for Parents/Carers



Linked to the Promoting Independence Workshop

Step 1

Parents

It takes commitment and consistency for toilet training to happen. You have to be ready and prepared for the challenge!

Research suggests that the best time to begin toilet training is between the ages of 2 and 2 1/2 .



8 signs of readiness



Does your child stay dry for 2 hours?



Does your child ask to be changed?



Does your child ask to use the potty?



Are your child's poos regular?



Does your child ask to wear underwear?



Does your child follow simple instructions?



Does your child let you know when they need to go?



Can your child pull their pants up and down?

Bladder muscles and co-ordination are the key to controlling toileting. Children can develop this control any time from 20 months to 3 ½ years old.

Step 2

Timing

Try and track patterns. You are looking for times of the day they wet and how long they are able to stay dry.

Try and check their nappy/pull-up/underwear every 30 minutes.

Keep a neutral tone to your voice when saying “you are wet” or “you are dry”.

If wet, change them with very little reaction or commenting.

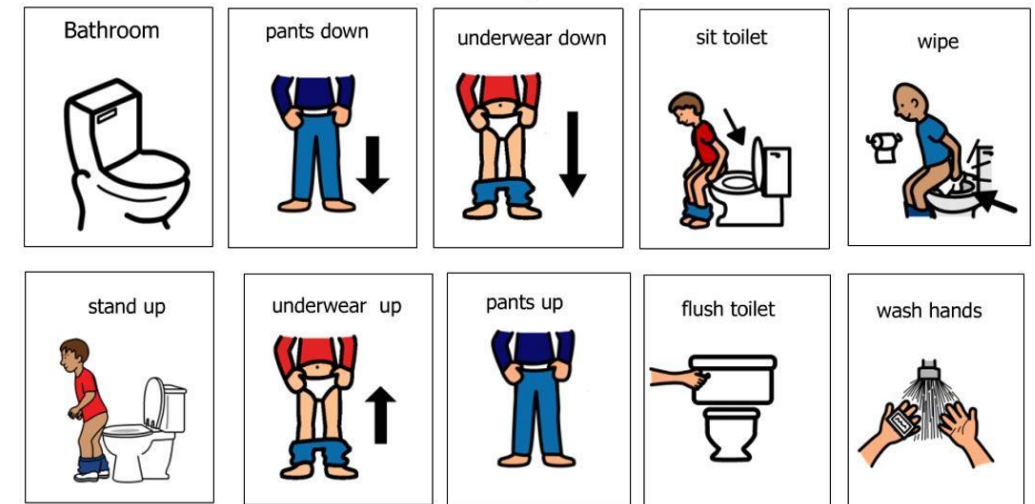
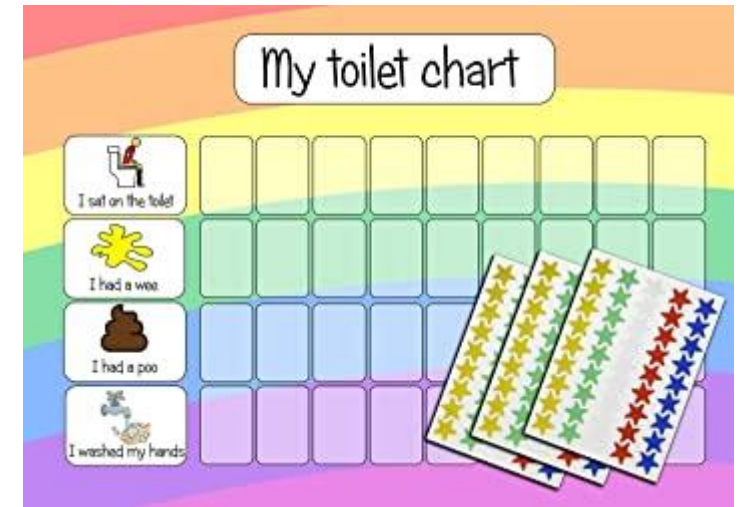


Step 3

Ready, Set, Here We Go..

You will need:

- Lots of underwear (as accidents will happen)
- Comfortable clothing (that a child can easily pull up and down themselves)
- Visuals of a routine to show the child what to do
- Rewards for when the child uses the toilet successfully.



What kind of toilet?

Try to use the regular house toilet.

You can always add things to make it easier for the child to use it independently.



A step stool may be helpful for them to get onto the toilet themselves.



A ladder with a toilet seat can help children to become independent.



A toilet seat can help them feel less anxious about falling down the toilet.

Steps to Success

1. Place your child in underwear

(At this stage a pull-up is still used for overnight. If travelling in a car use towels or puppy training pads to cover the car seat.)

2. Set a timer for 30 minutes, when it goes off say “I want bathroom” and nothing else.

(DO NOT ask if they want to go to the toilet always give them a directive.)

3. Hand over hand to help them to lower their clothing and underwear. Try to make sure it is the child who is actually having contact with the clothing.

(We are teaching them self-help skills and independence as well.)

4. You may start by just sitting on the toilet first and nothing happens.

(This is fine as it is getting your child used to the routine.)

5. Set a timer for 3 minutes (you can increase to 5 minutes) and provide encouraging words e.g. ‘I like how you are sitting’ or ‘it is almost time, you are doing well!’



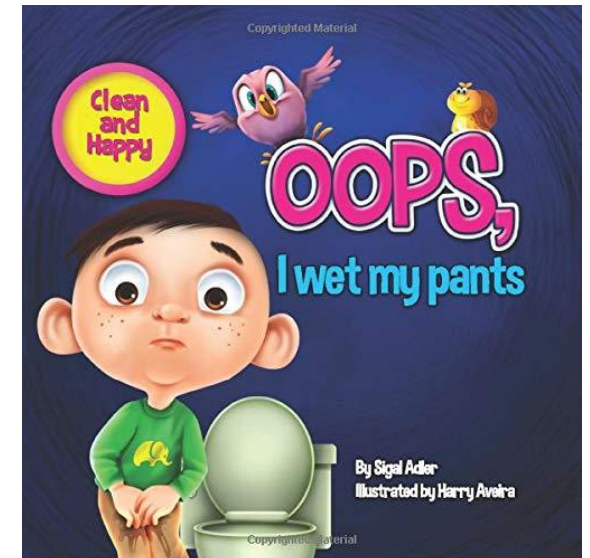
How to respond

If they are SUCCESSFUL on the toilet 	If they are DO NOT GO on the toilet 
Lots of verbal praise e.g. “ Well done for doing a wee on the toilet!”	When timer goes off use a neutral voice and say “ nice trying to do a wee on the toilet”
Hand over hand to show your child how to wipe	Hand over hand to help your child pull up their clothing
Hand over hand to help your child pull up their clothing	Hand over hand to help child wash their hands
Get the child to flush the toilet	Set timer again for 30 minutes
Hand over hand to help child wash their hands	
Immediately present the child with the reward	
Set timer again for 30 minutes	

Toileting Accidents

Accidents will happen.

1. Simply say (in a neutral tone) “You are wet” (emphasising the word ‘wet’).
2. Hand over hand help them to take off their wet clothing (limit your social interaction).
3. Hand over hand help them to get dressed in dry clothes and wash hands.
4. Take them back to what they were doing before the accident.



Some Helpful Hints

Watch the child all the time (observe the body language). Are they hiding in a corner, wriggling, crossing legs, running around all of a sudden, touching self etc.

Take them to the bathroom immediately:

- after waking from the night
- after naps
- after a meal or lots of drinks
- last thing before leaving the house
- first thing when returning to the house.

If using aids to help them e.g. toilet seats, steps etc use these when visiting other people's homes to try and generalise the skill.

If you catch them having an accident, call their name loudly (this might startle them and the reflex will stop the flow) and say 'bathroom' and quickly take them.

Try not to read books or play with toys whilst sitting on the toilet. We don't want them distracted and want them to learn what a full bladder feels like.

If a child is holding it in, give them free access to drinks to increase fluid intake.

Boys should begin by sitting for both and once urination is mastered you can then teach them to stand. Have them watch fathers/brothers as models.

Do not use punishment if they have an accident. Use positive words or a neutral tone.

If toilet training is becoming a battle and there has been no success even though you have been consistent and give it enough time.

- rule out any possible medical issues.
- it may be appropriate to take a break and revisit in a couple of months. HOWEVER stopping and starting is not recommended because it may teach them that having accidents means they get their nappies/pull-ups back.

Further Advice/Useful Links

ERIC

https://www.eric.org.uk/top-10-potty-training-tips?gclid=EAlaQobChMlodnAvfi68wIVZgWiAx3KHQpJEAAAYASAAEglY0fD_BwE

NHS

<https://www.nhs.uk/conditions/baby/babys-development/potty-training-and-bedwetting/how-to-potty-train/>





If a child can't
learn the way we
teach, maybe we
should teach the
way they learn

-Ignacio Estrada

