

# Toilet Learning

## The Toddler Series

*Many parents ask questions about the timing and method of toilet learning. This is a topic that creates a lot of discussion. Be reassured that all children will learn to use the toilet. Parents that are pushing the child to use the toilet before readiness occurs can leave the child with problems such as constipation, day time wetting, and loss of self-esteem. These approaches may assist you and your child in the toilet learning process.*

### How to help your child get ready

- Point out when the child is urinating or having a bowel movement.
- Teach your child that urine and stool comes from his body.
- Teach the bathroom words that you want your child to use.
- Allow your child to observe others with simple explanations.
- Read a book about toilet learning
- You may find it helpful to purchase a potty.
- Show your child how the toilet works.
- Empty the stool from the diaper into the toilet to help your child understand where it's suppose to go.

### How do you know if your child is ready?

- Your child understands what the toilet and/or potty are for.
- Your child understands toileting words e.g., pee, poop, dry, wet.
- Your child shows interest in imitating others in the bathroom.
- Your child has longer periods of dryness throughout the day, or wakes up dry after a nap.
- You are ready to start toilet learning.

### What's next?

- Toilet learning is a process that can take time.
- Approach toilet learning in a calm, matter of fact manner. Be confident that all children will toilet learn, some later than others.
- Encourage your child's efforts and recognize their successes.
- Respect his privacy. Stay with your child while he sits on the potty/toilet if he prefers.
- Allow your child to get off the potty when he is ready even if he hasn't gone.
- Anticipate accidents. When accidents occur, change your child as quickly as possible, while reassuring your child that he will get better at this.
- If your toddler is physically ready, you do not need to constantly remind your child to use the toilet.

### Remember . . .

- Pick a relatively stable time in your household to begin toilet learning.
- You can use pull-ups, training pants and loose clothing to assist with the learning.
- If your child is having many accidents or refusing to use the toilet, it is recommended to take a break from toilet learning (1-3 months).

**For more information or to speak to a Public Health Nurse call KIDS LINE at 1-800-265-7293 ext. 3616.**