

# Tips for Positive Toilet Learning



- Toilet learning must be flexible. If a parent has tried for seven to ten days without results, or if the child is having frequent accidents, this is a sign that the child is not ready. The parent could try again in a months' time.
- Avoid power struggles, scolding or punishing the child. This will cause stress on the child and hinder progress.
- Always praise the child's efforts and successes.
- Anticipate accidents (prepare by packing a spare change of clothes when going out).
- Approach toilet learning in a calm and matter of fact way.
- Children learn through imitation, therefore having a same sex parent model for him/her will make the process less confusing.
- If both parents are working, it is best to start toilet teaching on a weekend.
- It is easier for children in the summer months when there is less clothing to remove. Pants with elastic waists make it easier and quicker for children to remove.



# Signs of Readiness for Toilet Learning

The Child...

- . Has passed the “no stage”
- . Can express and understand words related to the bathroom
- . Can stay dry for one to two hours and/or can get up dry from a nap
- . Through words or facial expressions can indicate he is about to have a bowel movement or empty his bladder
- . Dislikes being wet or soiled
- . Shows interest in imitating other family members in the bathroom
- . Has bowel movements that occur on a fairly predictable schedule

