

Tips and Tools for Toilet Training

Before attempting toilet training; it is most important to not give the child mixed messages. Toddlerhood is a transition period from infancy to preschooler.

Infant ties such as bottles, cribs, pacifiers and sippy cups should be weaned from the child before attempting to toilet train.

Toilet training is all about independence and self-awareness. These steps will make the transition from toddlerhood to preschooler much smoother.

- Dress for success
 - Elastic waist (easy on, easy off).
 - No belts, snaps, zippers, tights or overalls.
- Allow independence
 - Encourage child to pull up and down their own pants, help only when necessary.
 - Set up bathroom for easy access with a step stool, child toilet seat adapter, and wipes or toilet paper all within your child's reach.
 - Have a basket with clean pants, underwear, and socks. If an accident occurs they can change themselves.
- Make a schedule
 - Have your child sit on the toilet every half hour.
 - After the first week or so increase the time between bathroom breaks by 15 minutes.
 - Soon your child will learn what it feels like when they have to go and be able to express it.
- Use a Pull-Up or a diaper only at nap or bed time.
- Bowel movements take longer to train.
- Accidents will occur, do not be discouraged.