



TOILET TRAINING (POTTY TRAINING)

The usual time to begin toilet training is 18-24 months of age.

- 25% of kids are fully potty-trained by 24 months
- 85% are trained by 30 months
- 95% are trained by 36 months

There are many different techniques for toilet training, and most eventually work. As long as you are supportive, instructive, and show interest in your child's progress, you are likely to be successful with whichever technique you choose. Negative reinforcement (punishment) will not help with potty training. Positive reinforcement, instruction, consistency, and modeling behavior are your best tools.

Here is one technique:

- Getting started (usually 18-24 months):
 1. Teach your child a word for each process (i.e. "pee-pee", "poo-poo", etc) and be consistent.
 2. Get your child comfortable with the toilet, either a children's potty chair or a seat placed on a standard toilet complete with a stool for his feet.
 3. Take him once a day at a regular time and let him sit on the chair, with clothes on at first. Then, after a few weeks, take him with diaper off.
- Getting serious (usually 20-28 months):
 4. After he is comfortable with sitting on the potty chair, you can begin taking him 2-3 times a day at a time he would normally use the bathroom, such as after a nap or after meals.
 5. When he is successful, congratulate him, praise him, give a hug and a small reward
 - Suggested rewards:
 1. Place a sheet of paper on a wall plainly visible at the child's height, and place a sticker each time he successfully uses the potty
 2. Small fruit snacks or candies (i.e. M&Ms)
 3. Small inexpensive toys
 6. When he has an accident, take the diaper and place it in the potty. Tell him briefly and calmly that is where it belongs.
 7. When he is successful on about 1/2 of your trips to the toilet, then place your child in underwear and leave them on. Be consistent!
 8. Continue rewarding your child for 2-3 months after he has been potty trained

REMEMBER

No punishments!! Children frequently will have bad days even after they have been doing very well for a while. Continue rewarding successes and spend very little time addressing an accident.

Most children learn control of bowel and bladder at the same time, but 25% will learn one before the other.