



Tips for Toilet Training

**Readiness for Toilet Training:
Keep realistic expectations!**



Contact a Child and Youth Services therapist for more specific advice for your child.

1. Consider your child's stage of development with bladder and bowel control.

Like other areas of child development, learning to control wee and poo, develops in gradual stages. Notice which is your child's current stage of development

- Stage 1: No active control of wee and poo.
- Stage 2: Becoming aware of being wet or soiled.
May be able to 'hold on' to wee for a few seconds.
There is no poo during the night.
- Stage 3: Shows brief awareness of a 'need to go'.
Can only 'hold on' to wee very briefly.
'Letting go' in the toilet begins, but there are still many 'accidents'.
- Stage 4: Able to 'hold on' to wee for longer periods.
Shows more consistent 'letting go' in the toilet.
Begins to go to the toilet independently, but prompting is often still needed.
- Stage 5: Begins to 'let go' wee with a partly full bladder.
Shows reliable day time control for wee and poo.
- Stage 6: Night time dryness gradually develops.

2. Consider your child's stage of development with independence skills.

There are many other skills that your child needs to learn to become independent with toileting, such as being able to communicate a 'need to go', managing clothing, getting on / off the toilet, sitting still on the toilet, wiping their bottom, remembering the toilet flush and washing / drying hands.

These skills also develop gradually and are an important part of the toilet training process. Notice which independence skills that your child still needs to learn.

3. Consider your child's readiness for toilet training.

Many children do not show strong signs of readiness, but may still be able to learn toilet routines. It is helpful, but not essential, to look for signs that your child may be ready for toilet training. So, does your child:

- Stay dry for 2 hours or longer during the daytime?
- Show a regular pattern with poos?
- Show an awareness before or after a wee or poo?
- Show an interest in the potty or toilet?
- Show cooperation with other daily routines?

4. Consider your readiness, as a parent or carer, for toilet training.

Toilet training does require time and a consistent routine.

It is best to avoid starting toilet training when other big events may be occurring, such as moving house, new baby, going away on holidays.

However, once you start toilet training, be consistent.

Remember to be **P**ositive, **P**atient and **P**ersistent.