

Easy Toilet Training

It's best to begin training between the ages of 2 and 3.

Do not Start too early!

To Potty Train your child must be able to:

- Walk.
- Tell you when he needs to use the toilet.
- Have muscle control of body function, like Wetting and bowel movement.

Signs to look for include:

- Pauses, makes sounds and when having a BM.
- Has regular BMs.
- Stays dry for two hours or more at a time during the day
- Wakes up dry from naptime.
- Complains when wet or dry
- Tells you he/she needs to go.
- Can follow instructions.

Never punish for accidents.

Accidents are normal, especially when learning something new and different. Praise for success, do not punish accidents. Praise your child even if an accident happens before they get to the potty.

Prepare your child by:

- Letting him/her watch others use the toilet. Explain what the toilet is for.
- Teach toilet and body parts words.
- Teach how to dress and undress

What to do:

- Wait until you have time to focus on training.
- Put a potty chair in the bathroom a few weeks before starting. Show your child the chair and talk about it.
- Put training pants on your child. Explain that he/she can now use the potty.

Staying Dry Through the Night:

This takes longer for some children than others.

- Remember, your child is not wetting the bed on purpose.
- Do not punish for accidents.
- Keep a plastic cover under the sheet.
- Stay calm and do not get upset in front of the child remember he or she may already feel bad about wetting the bed; say something like: "You will get good at this one day"