

References

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For More Information
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Toilet Learning



Toilet Learning

Every child is different when it comes to toilet learning. Parents worry when other children learn to use the toilet earlier than their own child.

Parents may feel a lot of pressure to get their child out of diapers. This can be very stressful.

Relax! Children learn best when parents are calm. Do not put pressure on your child. Let your child take the lead.

Signs that Your Child is Ready

Your child will give you signs that she is ready to learn to use the potty or toilet. She may be ready when she:

- Has passed the “no” stage.
- Dislikes being wet or soiled.
- Can stay dry for one to two hours.
- Can get up dry from a nap.
- Wants to imitate family in the bathroom.
- Uses words or changes in her face to tell you when she is ready to have a bowel movement (poop) or urinate (pee).



Three Areas of Readiness

Physical

Your child can:

- Control the urge to urinate or have a bowel movement.
- Pull up or take down her own pants.
- Get on and off the toilet or potty without help.

Thinking

Your child can:

- Understand where the urine and bowel movements should go. Your child learns by watching other people.
- Pay attention to the signs that he needs to use the toilet. Although this can be hard for him to do when he is playing.

Emotional

Your child wants to:

- Be more grown up.
- Learn to use the toilet.
- Wear underwear.

Children go through three stages:

1. Know that they have had a bowel movement or urinated.
2. Know that they are in the middle of urinating and having a bowel movement.
3. Know that they will soon have to have a bowel movement or urinate.

Regression

After months of success many children refuse to use the toilet or start having lots of accidents. This can happen as a natural part of learning or may be because they are upset. Also, any change in the normal family routine may cause an emotional upset.

Things to Remember

- Parents need to be flexible.
- Parents should stay calm and relaxed.
- Parents shouldn't punish a child for accidents.
- Your child is not ready to toilet learn if after 7 to 10 days she:
 - Is having many accidents.
 - Always needs reminders.
 - Sits and sits, and then goes when she stands up.
- Fathers can teach their sons to stand up to urinate.
- Your child needs to be able to put her feet flat on the floor or stool.
- Your child may use the toilet at the daycare but not want to use it at home.
- It's easier for your child to toilet learn in the summer when there are less clothes to take off and put on again.
- Nighttime control comes much later than daytime control for most children.
- Most give up their diapers between 2½ and 3½ years.

Keep Trying

If your child is refusing to go or having lots of accidents, wait a month and try again.

