

## **PATIENT INFORMATION**

### Toilet Training Your Child

Pediatric & Adult Medicine, Inc.  
13132 Newport Ave. #100  
Tustin, CA 92780  
714.565.7960 (tele)  
714.565.7982 (fax)  
[www.pam4kids.com](http://www.pam4kids.com)

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### **Toilet Training your child**

Your 1-year-old is unique and will learn to use the toilet in time. The gradual toilet training suggested here usually takes from 2 weeks to 2 months. You and any other caregivers for your child during this time need to be patient and offer lots of praise

### **When is your child ready.**

Most children can be helped to be ready for toilet training by 2 years of age, many by 18 months. By age 3, your child will probably have trained himself or herself. Staying dry at night, normally doesn't happen until age 3 to 5.

Reading this doesn't just happen; readiness includes skills you can teach your child from 12 months of age onward. Read your child, some of the special toilet learning books to help him or her know what's expected.

### **Your child is ready to start toilet training when he or she...**

- Understands what "pee, poop, dry, wet, clean, messy, and potty" mean. Teach your child, words that are clear and comfortable for you and other caregivers to use.
- Knows what the potty is for by watching parents, older brothers and sisters, or friends use the toilet correctly.
- Prefers dry, clean diapers. Change your child often, and praise him or her before coming to you, when wet or soiled.
- Understands using the potty, means a dry diaper. "If you go pee-pee in the potty, your pants will stay nice and dry."
- Can recognize the sensation of a full bladder and the urge to have a bowel movement -- that is, your child paces, jumps up and down, holds the genital area, pulls at his or her pants, squats down, or tells you. Make this clear for your child -- "your body wants to make some pee or poop."

### **Then, what can you do.**

Your child must feel in control of the process of toilet training. This is no time for a child to be hurried. The supplies you need are a few:

- *Potty Chair.* With your child, select a portable type that allows his or her feet to rest on the floor. This is your child's own special chair to decorate and have his or her name on.
- *Rewards.* While a sense of accomplishment is enough for some children, others need rewards, and stars to place on a calendar, or fruit slices, raisins, crackers, or cookies.

Make the potty chair, one of your child's favorite things. Have your child sit on the potty, fully clothed, using it as a chair while looking at books or watching TV, for at least a week before beginning to train.

Encourage practice runs to the potty. Watch for the signals of a full bladder or rectum. Then say in a positive way, "the poop (or pee) wants to come out. Let's use the potty." If your child doesn't cooperate, you can encourage him or her to sit on the potty by doing something fun, such as reading

a story together. Never force your child to sit there. Even if your child seems to be enjoying it, end each session after five minutes.

Praise or reward your child for cooperation or any success. Praise your child, for example, "Matthew is sitting on the potty just like Daddy" or "you are trying real hard to make pee-pee in the potty." Use stars or stickers on the calendar. Stop the practice sessions after your child uses the potty on his or her own on two or more occasions. For a week, continue to praise your child for dryness and using the potty.

Change your child after urination or bowel movement accidents. Respond sympathetically, "you wanted to pee-pee in the potty, but you pee-peed in your pants. I know that makes you sad. you'll get better at this." Then change your child. Parents and other caregivers must never use physical punishment or scold.

Introduce training pants after your child is using the potty more than half the time. Take your child with you when you get the underwear and make every award for success. Use diapers only for naps and that night.