

Topic of the Month Toilet Training Tips



Consistency is Key!

Consistency is the reason why some parents can toilet train faster than others. Consistency is crucial to your child's toilet training success.

If you truly want toilet training to be successful and quick then you as the parent must be willing to be consistent and follow through.

Children pick up on things faster when conditions remain consistent. When you are not consistent with your child, he or she will get the idea that it's ok to do things wrong. If you always remain consistent, then your child will understand what is expected of them and they will toilet train much faster.

Before you begin toilet training your child

To make Toilet Training a smooth transition from diapers to the potty chair or toilet, it's important that you ask yourself a few questions to be better prepared.

Toilet training takes a lot of work on the part of the parent. It's important to make this a positive experience for your child.

Pull-ups or underwear? You'll need to decide before beginning if you plan to use pull-ups or go to underwear. Some parents find that pull-ups work against toilet training and can cause toilet training to go on longer than necessary. Pull-ups feel like diapers and children use them as such.

Daytime training? Nighttime training? Or Both? It may be easier to toilet train a child for both day and night training at the same time however this will depend on the needs of your child.

Potty Chair or Toilet? Giving the child the option during training will make the transition out of diapers easier on both of you. Having the potty set up and part of their regular environment will help introduce the concept prior to you actually starting training and may help alleviate any anxiety your little one is feeling .

Some key indicators that your child is ready:

- Your child is waking up dry from naps, or in the morning
- Your child is showing an interest in using the toilet or in others using the toilet

Some things to keep in mind:

- If you are a working parent and your child attends child care you will need to speak to the staff to have a consistent plan that works for the child as well as the adults involved.
- It's important to keep all adults involved with the child informed of the plan, ie grandparents, babysitters, aunts, uncles, etc
- If you are leaving your home remember to bring lots of spare clothes (from head to toe) and something to put wet clothing in.



Timing Is Everything

Are you counting down the days to the toilet transition? Or maybe you've already dabbled in a few less-than-successful attempts? Either way, we heard one thing again and again: Your child has to be good and ready. And don't worry, he will be someday. "No child is going to graduate high school in diapers," says Carol Stevenson, a mom of three, who trained each one at a different age. Once you're convinced your child's ready try any of these ideas to make it easier.

What works?

Lots of undivided attention, positive reinforcement, love, affection and pride when my kids were successful. Making a big deal about small



On the Road

My daughter was terrified of the automatic flushers in public restrooms, so I started doing this trick. Put a Post-It note over the sensor and it will prevent the toilet from auto-flushing. After she's all done, wiped, and left the stall, you can remove the paper to let the toilet flush.

