

Toilet Training Your Toddler

Teaching your child to use the toilet takes time and patience. There is no set age at which toilet training should begin. Some children may be ready at two years of age, others will not be ready until after they turn

three. If your child resists strongly or shows signs of fear, you may want to wait.

The following are some signs that your child is ready:

- Your child stays dry at least 2 hours at a time during the day or is dry after naps.
- Bowel movements become regular and predictable.
- Facial expressions, posture or words show that your child is about to urinate or have a bowel movement.
- Your child seems uncomfortable with soiled diapers and wants to be changed.
- Your child can follow simple instructions.
- Your child can walk to and from the bathroom and help undress.
- Your child asks to use the toilet or potty chair.
- Your child asks to wear big-kid underwear.



Tips for successful toilet training:

- Change your child frequently.
- Teach your child to come to you when he needs to be changed.
- Read toilet-learning books to your child.
- Mention using the toilet or potty chair only if your child gives a cue that he needs to go.
- Give suggestions, not demands.
- Keep the process fun and upbeat. Be positive about any interest your child shows.
- Avoid battles or showdowns, lectures, and punishment or pressure.
- Wait to begin toilet training until your child is clearly ready.
- Delay starting toilet training if your child is in a stubborn or negative phase.
- Avoid forcing your child to sit on a potty chair against his will.

Most children are toilet trained by 3 to 4 years of age. Even after your child is able to stay dry during the day, it may take months or years before he stays dry all night.

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