

TOILET TRAINING TIPS & TRICKS

ON PREP

BOOKS

Reading potty books helps your child feel a bit more comfortable with potty training. The book Everyone Poops by Taro Gomi is a great one and is easy for them to follow along with.

UNDERWEAR

Go underwear shopping together for “big boy” or “big girl” underwear. They will be more inclined to wear something they’ve picked out and like. Buy larger sizes to as they are easier for children to pull-up and down.

DRESS FOR SUCCESS

Dressing your child in clothing that can be easily pulled up and down is key! Children are often in a hurry to get to the washroom; by putting them in clothing they can pull down quick will help them make it in time! Having to fumble with buttons and snaps, especially belts, can lead to accidents even if they make it to the washroom in time. Track pants, skirts and shorts are your best bet.

ON ENCOURAGEMENT

BE PATIENT

Patience and understanding will go a long way in helping your child learn to use the toilet. Getting angry or upset about an “accident” will hinder your child’s self-esteem and can actually slow the whole process down.

PRAISE

Be sure to stay positive and praise them with every success, and attempt. Although we don’t want to praise accidents, we don’t want to scold them either, simply talk about what happened and what they could try for next time. Focusing on the negativity will only make it a negative experience for them.

STAY POSITIVE

Remember to remain positive through the whole transition from diapers/Pull-ups to underwear. This is an exciting time and children should feel the excitement, not the anxiety. Praise even the tiniest effort.

ACCIDENTS HAPPEN

You should expect them, they’re going to happen! No matter what, it’s a learning experience and they will become experts in their own time.

ON ROUTINE

DON'T FORCE IT

Some children will be ready for the toilet at 18 months, others at age 3. The best thing to do is watch your child and see if they’re showing any signs of readiness i.e. dry diapers, interest in the toilet and start your training then. Forcing it when they’re not ready will only make it more difficult for you and them!

BE CONSISTENT!

Consistency is one of the most important tips. Always let your child care provider know when you’re starting to potty train and what methods you’re using so the learning at home can be the same as at child care.

NO PULL UPS

When you have decided your child is ready for underwear... get rid of the Pull-ups. It’s best to go “cold turkey” switching back and forth from underwear to diapers/Pull Ups makes it very confusing for your child.

3 DAY MINIMUM

Devote at least 3 days to start potty training as going “cold turkey” seems to work best when they are ready. If you are able to stay home for these 3 days and just focus on a planned schedule (and of course doing laundry!) you will give yourself a huge head start in the process.

SCHEDULE

Set a schedule with your child. Discuss with them when their “toilet time” is and when they will sit on the toilet. It’s usually good to set these around transitions i.e. before snack, after snack, before outside, after outside, before lunch, after lunch, etc. The “toilet time” will set a routine for them and maintain consistency.

STICKER CHARTS

They work so well in allowing you and your child to track their success. They’re not receiving a “treat” for their success but they are able to see their chart filling up and see what a great job they’re doing. Start it when they first start sitting on the toilet then progress the chart for every time they actually “go” on the toilet.