

Toilet Training Guide



IS YOUR CHILD READY? SIGNS THEY MAY BE:

Can your child stay dry for two hours or more?

Does your child enjoy sitting on or flushing the toilet?

Does your child show signs that they need to go, such as a change in posture or specific facial expressions?

Can your child respond to simple instructions, such as "sit down" or "come here"?

Is your child free from medical conditions that might interfere with the process?

***IF YOUR CHILD IS SHOWING SIGNS OF
READINESS TO BEGIN TOILET TRAINING, THIS
GUIDE WILL HELP YOU PREPARE!***

BREAKDOWN:

PART 1: Preparation

PART 2: The First Day

PART 3: The Training Steps

PART 4: Filling in the Data Sheet

PART 5: Trouble Shooting



PART 1: PREPARATION

PICK A START DATE

Pick a day that everyone can devote their time to the toilet training process.

Mark the date on a calendar to build excitement for your child and talk with them about the **“big day”**!



USE CONSISTENT WORDS

Be sure everyone uses the same words and phrases during training so that your child does not get confused.

Ex; “It’s time to go pee.”



GET A TOILET TRAINING SEAT

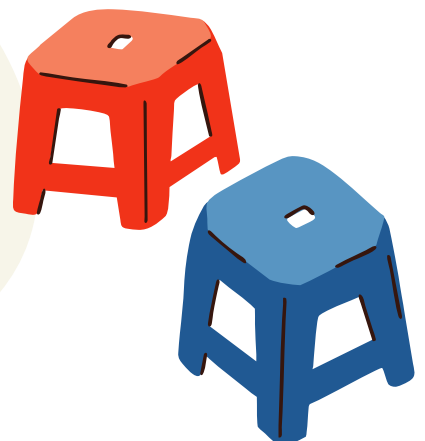


Make sure it is comfortable and that it can be placed on top of your toilet seat to ensure your child is comfortable and supported.



GET A STEP STOOL

It can support your child's feet while sitting on the toilet. Their hips, knees, and feet should be at a 90-degree angle for maximum support, making it more comfortable for them and easier to urinate or have bowel movement.



HAVE A SUPPLY OF CLOTH UNDERWEAR

You will need a supply of cloth underwear for your child to wear on the start date.

Involve your child in picking out the underwear as a reminder to wear it on the **“big day”**!



IDENTIFY MOTIVATORS

Find rewards that will encourage your child to engage in the process.

These can include small treats (like mini eminems), high 5's or stickers.

Make sure to choose items that are only used for toilet training to make sure your child is motivated to get it.



CREATE FUN ASSOCIATION WITH THE BATHROOM



Make the bathroom a welcoming space by adding music, favourite toys, or fun decorations.

This helps your child see it as a positive environment.

MOVE ALL DIAPERING, CLEANING, AND TOILET RELATED DRESSING TO THE BATHROOM



This is a crucial step that helps your child in linking toileting to the bathroom only.

MODEL THE PROCESS

Whenever possible, let your child observe other family members using the toilet. This helps them understand the routine and feel included.



TRACK PATTERNS BEFORE STARTING



Before beginning toilet training, spend a few days noting when your child typically urinates or has a bowel movement. Use a data sheet or app to record times and behaviours. This information will help you plan bathroom trips effectively.

PART 2: THE FIRST DAY

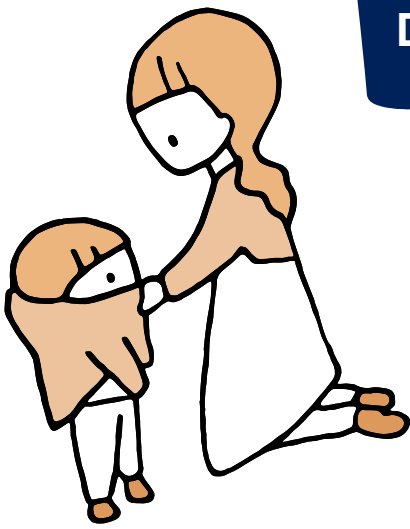
SAY GOODBYE TO DIAPERS

This is a big step! During the day, switch underwear. Reserve diapers or pull-ups for nighttime only!



DRESS YOUR CHILD IN LOOSE CLOTHING

Dress your child only in underwear or choose pants that are easy to push down and pull up.



ENCOURAGE HYDRATION

Offer plenty of liquids to increase opportunities for practice. More trips to the toilet will help the child learn the process.



BE READY FOR ACCIDENTS

Keep a change of clothes in the bathroom to handle accidents quickly. Remaining calm and neutral helps prevent stress for both you and your child.



STAY ORGANIZED

Keep data sheets and a pen in the bathroom to record each trip. Tracking progress is essential to identify successes and areas needing improvement.



PART 3: THE TRAINING STEPS

INITIATE REGULAR TRIPS

Take your child to the bathroom every 30-45 minutes, or sooner based on the information you gathered when tracking patterns or if they show signs of needing to go.

Use a timer if necessary.



FOLLOW THE BATHROOM ROUTINE

Try to always follow the same sequence, which helps your child become familiar with the routine and expectations.

- Say, "It's time to use the toilet."
- Walk with your child to the bathroom.
- Help them pull down their pants and sit on the toilet.
- Encourage them to sit for at least 2 minutes.
- Provide toys or books to keep them relaxed.
- Afterward, assist with wiping, flushing, and hand washing.

MINIMIZE VERBAL INSTRUCTIONS



Avoid giving too many directions. Instead, guide with minimal assistance and allow them to complete steps independently when possible.

SIT INDEPENDENTLY

Once your child is settled on the toilet, ensure their hands are not resting on the seat.

Many children tend to lean their weight on their arms, which can create tension in their bodies and make it harder to have bowel movements.

To help them relax, consider providing a toy or a book to keep their hands busy.



REINFORCE PROGRESS

Initially, your child might only be able to sit for very short times, and that's perfectly fine! Focus on gradually extending the time they sit successfully until they can manage 2 minutes.

Praise your child or provide a reward immediately after they succeed. As progress continues, gradually delay rewards to encourage longer sitting.



GET TO KNOW THE SEQUENCE OF STEPS IN A TYPICAL BATHROOM PROCEDURE.



1. Lower your pants and underwear
2. Sit on the toilet for approximately 2 minutes
3. Wipe, if needed
4. Pull up your underwear and pants
5. Flush the toilet
6. Wash your hands
7. Dry your hands

RECORDING DATA

Keep track of your child's progress:



- Time of each trip.
- What your child was wearing (underwear, diaper, etc.).
- Whether they urinated, had a bowel movement, or stayed dry.
- Any accidents or special notes, such as motivation used or unusual behaviors.
- Review the data regularly to identify patterns and adjust routines if needed.

ACCIDENTS

Anticipate that your child may have accidents between bathroom visits; this is to be expected in the toileting learning process!

Continue to follow the same guidelines as during training: your child should still visit the bathroom, sit on the toilet for two minutes, and then change clothes if necessary.



PART 5: TROUBLESHOOTING

Toilet training doesn't always go smoothly.
Here's how to handle common challenges:

MY CHILD IS STILL HAVING FREQUENT ACCIDENTS

Look for general patterns in your data sheets. You may need to add a toilet trip to your child's daily routine to avoid accidents.

A good rule of thumb is to schedule a toilet trip about 15 minutes before the data indicates that accidents generally occur.

WE'RE HAVING TROUBLE WITH A SPECIFIC STEP.

Use visuals for the specific step they are struggling with or use a toileting sequence to help them follow all of the steps



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WHAT ABOUT NIGHT TIME TRAINING?

It may take time for children to stay dry during naps or overnight. Consider night time training when your child is consistently successful during the day with few accidents and is staying dry (in overnight diapers) for several nights in a row.





Tips to keep in mind:

- Limit your child's liquid intake in the evenings.
- Have a regular time for going to bed.
- Have a consistent bedtime routine, which includes using the toilet just before going to bed.
- Take your child to the toilet as soon as they wake up in the morning.
- Some set alarms during the night and wake up to initiate toilet trips. Start with every 4 hours and if you are consistent, your child will be used to waking in the night to go to the bathroom before accidents occur.

CONCLUSION

Toilet training is a journey that requires patience and persistence. Celebrate every success, no matter how small, and adjust your approach as needed. With time and consistency, your child will reach this important milestone.



Feeling stuck or are you in need of support?

We are happy to help!
Contact us at
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