



Building Brighter Futures Together

Steps to Toileting: Getting Started & General Strategies

There are many steps to learning how to use the toilet. Each step in the toilet training process is a goal itself. Observe and watch the child to know where to start.

SET UP FOR SUCCESS



- * **Collaborate.** Before starting, make sure all caregivers involved are all on the same page!
- * **Set up the environment.** Do you have a foot stool, potty/ring reducer as needed?
- * **Dress for Success.** Ensure there are plenty of clean underwear and changes of clothing for accidents. Dress the child in loose bottoms and ensure they can pull down and pull up bottoms.
- * **Teach the basics.** Does the child understand the purpose of the toilet? Can they participate?

BE A DETECTIVE



- * **Track your data.** Record when child is dry, is wet, and uses the toilet, etc. Keep track using the Toilet Tracker (page 4).
- * **Check frequently.** As you prepare for toilet training, check the child's diaper every half hour to identify toileting opportunities. Schedule bathroom breaks before they usually happen.
- * **Read the child's cues.** A red, scrunched face, or a verbal grunt may be good indications of passing gas or needing a bowel movement. Take them to the bathroom.

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IT'S A POTTY PARTY!



- * **Toilet training is a process.** Celebrate each step of learning, expect ups and downs, and make it meaningful for the child with rewards.
- * **Choose rewards carefully.** Rewards must be consistent, powerful, accessed only after sitting on the toilet and immediately. Some children will just need hugs, high fives and cheers, and others may prefer fancy stickers or a potty toy to play with. Refer to the Toileting Reward Chart (page 5).
- * **Focus on the positives.** Give positive attention for what the child does well.

ESTABLISH A TOILET ROUTINE!

- * Developing a toilet use routine and making sure the **child participates** in all aspects is an important step towards success in toileting.
- * Be as **consistent** as possible and take the child to the bathroom at the same time every day. Follow the complete toileting routine each time.
- * Consistent **bathroom breaks** should be set as part of natural transitions/ routines e.g. at wake up, at lunch/recess, before evening bath, before bed, before going outside.
- * **TELL, DON'T ASK.** Let the child know "It's time to go to the bathroom", rather than ask "Do you need to go to the bathroom?." Give the child a couple of minutes of advance notice, "In 2 minutes, it's time for a bathroom break", to help with the transition.
- * Build **sitting tolerance** on the toilet. Gradually increase time sitting by adding songs, washable storybooks about toilet training, washable fidget toys or anything that will help increase the time seated.
- * Ensure that handwashing is part of the routine after toileting.





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TIPS AND TRICKS

- * Teach the child to use a consistent word or picture to indicate need to go to the toilet.
- * Cloth training pants are thicker than regular underwear and can help to contain accidents (preventing mess) and increase the feeling of wetness for the child which gives them a cue that they have voided. Underwear can also be worn under diapers or pullups to let the child feel the wetness.
- * Times of major life change can be stressful for a child and are not ideal times to begin toilet training. Major life changes include illness, moving, changes in family dynamics, change in teacher, etc.
- * Accidents happen. It's important to:
 - Remain calm. Do not show any signs of anger, shame or annoyance when an accident occurs as it may cause the child distress or lead to lack of interest or feeling discouraged.
 - Remember that accidents may also be helpful as they teach the child what it feels like to be wet.



Be Patient and Stay Positive!



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	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am					
9:00am					
9:30am					
10:00am					
10:30am					
11:00am					
11:30am					
12:00pm					
12:30pm					
1:00pm					
1:30pm					
2:00pm					
2:30pm					
3:00pm					
3:30pm					

TOILET TRACKER

KEY:

D – Dry

U – Urine

BM – Bowel Movement

UBM – both urine and
bowel movement

✓ - child indicated
need



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Reward Chart for Toileting Success



_____ 's Toileting Reward Chart



Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

My reward for using the bathroom ____ times a day at school is _____



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