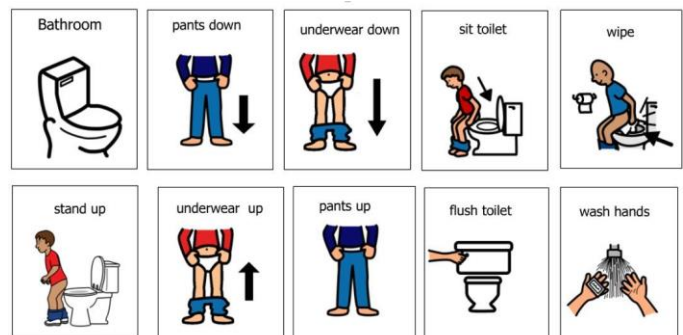


# TOILET TRAINING TIPS TO TAKE HOME

- Help the child learn about their body and the signals it gives us when it's tired, hungry, has to go pee or poop. You can do this by reading books about the body or about toilet training, talking about how your body feels when you feel those feelings, or by pointing out when you notice the child's body cues (example: when they are hiding or squatting to go poop).
- Here are some signs that your child may be ready to start using the potty/toilet:



- Hiding to poop or pee.
  - Communicating when they are soiled, or wanting to be changed.
  - Being able to pull up/down their own pants.
  - Being able to follow a simple direction.
  - Trying things on their own (sitting on potty, flushing the toilet, wanting to wash hands).
- Don't forget to make sure the caregivers are ready too! Potty training is hard work. Pick a time when you can be at home with the child without too much change or stress.
  - Let them watch you. Kids learn a lot by watching their caregivers, siblings and family do every day things such as dress, use the toilet, brush their teeth, or comb their hair.
  - Give the child lots of opportunities to use the toilet while toilet training by giving them lots of drinks and meals/snacks with higher fiber (ie. fruits and vegetables, beans and lentils, oats, nuts, and seeds).
  - These are some tools that are handy to have when potty training:
    - A comfortable, safe and sturdy potty or toilet seat with stool that is the right fit.
    - A timer, toilet paper, soap and water, towels, many pairs of underwear, loose fitting clothing.
    - Activities in the bathroom – books, a small toy to fidget with, bubbles.
  - Remember: Consistency is key:
    - How to start a toilet training routine:
      - Keep toilet training in the bathroom.
      - Encourage the child to go to the toilet/potty at specific times during the day (examples: when they wake up, after a meal, before a nap, before leaving home or going outside, before bed).
      - Take the child to the potty/toilet every 1-2 hours. Let them sit on for 2-3 minutes. If they go, great! Celebrate! If they don't, that's okay too! Praise them for trying. Wipe their bum, encourage them to pull up their pants by themselves, flush, wash their hands, and try again a little while later.
      - Use a timer to help cue when to go – this is helpful for kids AND adults!
      - Use visuals to help kids know what to do when they are in the bathroom. Here is an example →



- Make learning about the body and the toilet FUN:
  - Play games to learn about the body (ie. “Head, Shoulders, Knees and Toes”, imaginary play with dolls, read books, play DRESS UP to help learn dressing skills).
  - Caregivers, siblings, or even favorite dolls/stuffed toys can practice learning how to dress or use the toilet with the child. Sometimes it’s more fun to do it together.
- You can make toilet training FUN too:
  - Sing, clap, read, have a small hand-held toy, or play “I-spy” while sitting on the potty/toilet.
  - Use a tinkle target, put a few gold fish crackers or cheerios in the toilet to sink, or a few drops of food coloring into the water and watch it change colour.
- Encourage the child through excitement and praise for little steps (example: when they sit on the potty for 2-3 minutes, when they pee or poop on the toilet, when their underwear stays dry).
  - Smile, clap, sing, cheer, hug, high-five when the child has a success.
  - Use a reinforcement that excites the child. For example, a small toy, stickers, small snack (gummy, M&M).



- Don’t Forget: Every child processes sensory information in their environment differently. Bathrooms have a lot of sensory information: new smells, sights, sounds, feelings, etc. Sometimes other tools are needed to make kids feel comfortable and safe. Here are some examples:
  - Noise cancelling head phones.
  - Music or earphones.
  - Nose plug or good smelling stickers to smell.
  - Handles or armrests to hold onto.
  - A potty seat with a softer cushion.
  - Flushable wipes if the toilet paper feels too rough.
  - Have the caregiver wait just outside the door to allow privacy.
  - Toys/items to focus on or play with (books, hand-held toys, bubbles).