

Fine motor skills to remove clothing

## **Mental Readiness**

Recognizes urge to defecate or urinate

Verbal or nonverbal communicative skills to indicate when wet or has urge to defecate or urinate

Cognitive skills to imitate appropriate behavior and follow directions

## **Psychologic Readiness**

Expresses willingness to please parent

Able to sit on toilet for 5 to 8 minutes without fussing or getting off

Curiosity about adults' or older sibling's toilet habits

Impatience with soiled or wet diapers; desire to be changed immediately

## **Parental Readiness**

Recognizes child's level of readiness

Willing to invest the time required for toilet training

Absence of family stress or change, such as a divorce, moving, new sibling, or imminent vacation

Nighttime bladder control normally takes several months to years after daytime training begins. This is because the sleep cycle needs to mature so that the child can awake in time to urinate.

[Feigelman \(2016\)](#) indicates that bedwetting is normal in girls up to 4 years old and in boys up to 5 years old. Few children have night wetting episodes after daytime dryness is totally achieved; however, children who do not have nighttime dryness by 6 years old are likely to require intervention.

Bowel training is usually accomplished before bladder training