

## **Toddler Visit #21**

- 23 Month Growth & Development
  - Potty Training

## **Topics for Next Visit**

- 24 Month Growth & Development
  - PIPE: Attachment
  - ASQ Activities: 24-30 Months

## Month 23: What's New?

**New words I'm using:**

**Learning about me...** *some of my favorite things:*

*things to do indoors:*

*things to do outdoors:*

*things to do with Mom:*

*things to do with other family members:*

*things that make me smile and laugh:*

### **REMEMBER!**

**Comfort me when I'm upset. Teach me to calm myself. Offer a favorite toy. Use music. Or make a safe place for me to calm down. Please don't punish me for being upset.**

**Learning about you...** *and about our family!*

*family traditions:*

*favorite family foods:*

*family culture:*

*family spirituality:*

*favorite family activities:*

*family humor:*

## Month 23: What's Next?

### At 23 months I might:

- Know the sequence of daily activities. Like putting toothpaste on the toothbrush before brushing my teeth.
- Understand numbers. Try counting 1 and 2.
- Understand *up, down, in, out, under, & on top*.
- Jump from the curb or the bottom step.
- Kick a ball forward.
- Turn single pages in a book.
- Make a tower of blocks.
- Make a train out of blocks. (After you show me how!)

### You can help me learn!

- Keep a routine for mealtimes, naptime, and bedtime.
- Tell me what is happening now. And what will happen next. This helps me to be ready for changes during the day.

### SAFETY CHECK

My job is to explore.  
I am learning about  
the world. Check around  
our house to see what I  
can reach. I can reach  
things I couldn't reach  
before. Some of  
these could  
hurt me.

I can fall in a bucket of  
water. I could tangle cords  
around my neck. I might  
even try to eat  
something poisonous.

## Don't Rush Me! Readiness for Toilet Learning



**I'll let you know  
when I'm ready  
to learn to use  
the toilet!**

Your toddler will have more success with toilet learning if you wait until he or she is ready. Toddlers need to be able to control bladder and bowel movements. This happens between 18 and 36 months of age. Starting too early can delay your child's success.

Girls are often ready for toilet learning at about 2 years old. Boys are ready closer to the age of 2 ½ or 3 years.

### How Can I Prepare My Child for Toilet Learning?

- Change your toddler's diaper only in the bathroom.
- Let your toddler learn about wet and dry. Try letting her feel a wet washcloth and a dry washcloth.
- Put a potty chair in the bathroom. This lets your toddler get used to it.

### How Do I Know My Child Is Ready for Toilet Learning?

Your child may be ready for toilet learning when he or she shows many of these signals:

- Stays dry at least two hours at a time during the day. Wakes up dry after naps.
- Has bowel movements about the same time each day.
- Makes faces, squats, or grunts when soiling a diaper.
- Can follow simple steps.
- Can walk without help. Can help pull pants on and off.
- Wants to be changed when diapers are soiled.
- Asks to use the toilet or potty chair.
- Wants to wear underwear like Mommy's or Daddy's.
- Begins to notice what you do in the bathroom. Wants to do what you do.

## Are YOU Ready for Toilet Learning?

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You've seen the lists of signs your child is ready for toilet learning. But are YOU ready to teach your child to use the toilet?

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Do you have time?

Teaching your child to use the toilet takes time. You need to put time in your routine for bathroom breaks. At first, you may spend lots of time in the bathroom with your toddler. Choose a time without much going on to begin toilet learning. (A weekend or holiday break might be good.)

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Are you prepared?



Be prepared for accidents. Your child won't make it to the bathroom each time. Be ready to clean up after accidents. There will be more laundry to wash. Take extra clothes with you when you go out.

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Are you relaxed?

Be relaxed and upbeat about toilet learning. This helps your child relax, too. Stress about toilet learning could delay your child's success.

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Are you committed?

Toilet learning takes work on your part. Be ready to run to the bathroom with your child. You'll have to stop what you're doing and go!

You'll need to watch your child closely. Watch for signs that he needs to use the toilet. Remind her often to try using the toilet. (Some parents set a timer to remind the child to visit the bathroom.) Toddlers need reminders until they learn about their body's signals.

Toddlers may do well one day. Not so well the next. You'll have to keep working with your child. The work will pay off in the end.





## Easy Steps to Toilet Learning

- Toilet learning may be easier with the use of a potty chair. Set it in your bathroom. Let your child sit on when he wants to. (Even fully clothed. Your toddler will let you know when they're ready for the toilet)
- Teach your toddler words to use about using the toilet. Use the words common to your family. (Such as "potty" instead of toilet.)
- Take your toddler into the bathroom with you. Your child can learn bathroom skills by watching others in the family.
- Let your child practice sitting on the potty chair without a diaper. If she seems scared, don't force it. Wait a few days or weeks before trying again.
- At first, help your child to sit on the potty chair for a few minutes a few times a day. Stay with him/her and talk, sing or read a book.
- Tell your child to sit on the potty chair when she has the urge to go. It will take some time for her to learn her body's signals. You might choose to let her go without a diaper sometimes. This can help with toilet learning. Keep the potty chair nearby! You may have to clean up a puddle or two.
- Don't teach boys to use the toilet standing up yet. Let your child master basic toilet learning first. Then teach him to urinate while standing.
- Teach your child to wipe from front to back.
- Make hand washing fun. You could sing a silly hand-washing song.
- Give hugs and praise for success! Don't scold or get angry when accidents happen.
- Small rewards can also be given for success, such as a sticker or favorite kind of snack
- Begin using training pants when your toddler has had a few successes.

