

Toilet Training

Information and Tips

Is there a magic age at which a child is ready to begin toilet training? No, but most children are ready to start training between 18 and 24 months of age. The American Academy of Pediatrics suggests that parents avoid pushing their child into toilet training. It is best to look for signals that may show a child is ready to begin of toilet training.

Readiness Signs:

- Your child can follow simple directions
- Your child can walk to and from the bathroom
- Your child is able to pull clothes up and down (on and off)
- Your child stays dry at least 2 hours at a time or during nap
- Your child can tell you with words, facial expressions, or posture that he or she needs to urinate or have a bowel movement
- Your child begins to show an interest in the toilet or potty seat

Things to Consider:

- Buy potty seats with removable bowls for easy cleaning
- Dress your child in loose fitting clothing that can be pulled up or down quickly
- Consider your child's mood—plan your training when your child is most cooperative
- Work with your child's attention span—sitting on the potty is a great time to look at favorite books
- Be ready to encourage and reassure your child throughout the toilet training process
- If your child is having much difficulty with toilet training, stop for a month or two and then try again

Some children will toilet train completely in a few days, but other children may take several months. When your child has an accident, remember that you should remain understanding and supportive. Try to keep your child from feeling like a failure. Make your child feel good about his or her efforts.

Books for Parents to Read to Their Children

What Do You Do with a Potty?: An Important Pop-Up Book by Marianne Borgardt

Everyone Poops by Taro Gomi

The Potty Book for Girls and *The Potty Book for Boys* by Alyssa Satin Capucilli

Once Upon a Potty—Boys and *Once Upon a Potty—Girls* by Alona Frankel

Books for Parents to Read

Mommy, I Have to go Potty: A Parent's Guide to Toilet Training by Jan Faull

The American Academy of Pediatrics Guide to Toilet Training edited by Sherrill Tippins

Toilet Training Without Tears by Charles E. Schaefer and Theresa Foy DiGeronimo

References:

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