



TIP SHEET: TOILET TRAINING

SUGGESTIONS FOR ESTABLISHING A TOILETING ROUTINE:

- Take your time
- Do not punish when accidents happen
- Predicting time of elimination is crucial to success
- Develop and use a visual schedule consistently
- Monitor food/drink/exercise
- Slowly increase time intervals once urine/bowel retention has developed (go at child's pace)
- Consider nighttime training after daytime training has become part of a consistent routine

RESISTS SITTING ON THE TOILET?

- Seat is close to the floor
- Model, take turns sitting, use a doll
- Add physical support (step stool for feet)
- Sing a potty song
- Reinforce specific amount of time sitting
- Place a “busy bin” on lap (small bin with preferred toys)

AFRAID OF FLUSHING?

- Don't flush until there is something to flush
- Start flush with child away from toilet
- Give advance warning of flush
- Allow child to flush

OVERLY INTERESTED IN FLUSHING?

- Work on “wait”
- Use as a reinforcer (reward) – allow them to flush once they have used the toilet
- Give child something else to hold
- Use a visual schedule
- When it's time to flush, give the child a sticker to match to one on the handle
- Cover handle with cardboard to block flushing when not in use

PLAYING IN THE WATER?

- Try to keep toilet seat down
- Give a toy with a water feature as a distraction
- Place a “busy bin” on lap (small bin with preferred toys)

PLAYING WITH TOILET PAPER?

- Remove it if it’s a big problem
- Roll out amount ahead of time
- Give a visual cue of how much to use
- Allow access after they have finished using the toilet

RESISTS BEING CLEANED?

- Try different materials (wipes, cloths, sponges)
- Consider temperature of the material
- Take turns using a doll as a visual model

BAD AIM?

- Supply a target, put something in the toilet bowl, such as a Cheerio
- Add food colouring in the water to draw child’s attention
- Try starting with sitting down



Source: <https://pixabay.com/photos/toilet-paper-role-happy-role-4961395/>