

# TOILET TRAINING



## STARTING OUT

- Keep child in underwear! Have changes on hand
- Increase liquids: give frequent sips of drinks
- Schedule regular toilet sits
- Make toilet time fun with a toy or activity during sits



## SIMPLE STEPS FOR TOILET TRAINING

1. Set a timer to signal a toilet sit.
2. When the timer goes off, walk to the bathroom with the child and practice requesting (a word, a phrase, a symbol, or a sign)
3. Encourage the child to stay on the toilet for 3-5 minutes. Offer attention or a fun item to help them stay seated.
4. If the child uses the toilet, celebrate! Tell the child he/she did a great job, quickly give a reward, and end the sit.
5. If the child does not use the toilet, tell them good job for practicing. End the sit.
6. Reset the timer to let you and the child know when to sit again.



## REWARD SUCCESS



**Prepare special items as rewards to give quickly for using the toilet!**

- Food, candy, or drinks
- Time with favorite toy (iPad, Play Doh)
- Fun activity (park, arcade)

## EXPECT ACCIDENTS



**Accidents are a normal part of training.**

- If the child has an accident, quickly go to the toilet and practice sitting.
- If the child has any success in the toilet, celebrate like a success!
- If the child does not have any success, calmly label the accident: “Your pants are wet. Go potty in the toilet.”
- Help clean up & change without punishment.



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