

# One Page Resource: Toilet Learning

## What to expect:

- Toilet Training should always be based on the child's developmental level rather than on the child's age.
- Begin toilet training when he/she shows signs of interest and readiness.
- Look for cues such as:
  - Child imitates family behavior
  - Child demonstrates independence
  - Child can express interest in toilet training
  - Child can sit down themselves or with physical assistance (if needed)
  - Child can communicate his/her need to use the toilet
  - Child is able to pull clothes up and down
- Don't forget that this is an individualized process and reflects the child's developmental level and temperament.
- Teachers and parents must realize that this is a multi-step process and setbacks are common.

## Teachers can support children by:

- Keeping this experience as positive, natural, and non-threatening as possible. Sing songs while on the toilet or read books or tell stories.
- Integrating toilet training into curriculum processes.
- Reinforcing the child's success at each step: discussion, undressing, going, wiping, dressing, flushing, and hand washing.
- Shared experience with peers can benefit the child as well as being aware of privacy needs of the child.
- Providing a nutritional diet of fiber rich foods and discussing with families the child's eating habits at home.
- Diaper changes are a great time to engage in conversation with the child and/or sing songs.

## Working with families:

- Share with families the program's approach to toilet training. Also, listen to the families' views and methods of toilet training at home. It's important to be consistent with families' cultural values or a child's special needs when planning toilet training strategies.
- Providers can remind families that toilet training is best started when the child is not experiencing any other change (moving, new sibling, new school, etc.).
- Providers can remind families to dress their children in easy to remove clothing. Avoid belts and overalls.
- Welcome and encourage families to talk about concerns regarding toilet training.
- Programs should have record keeping/communication in place to keep families informed.

### **Keep In Mind...**

Accidents will happen when:

- \*A child is not feeling well
- \*There is a big change in the child's life
- \*The child is busy playing

These setbacks are only temporary. Remember, for all involved, it's important to not get upset or punish for backsliding