



## Ten Tips for Toileting Success in the Home by Kate Millie

- 1) Set up the bathroom for the possibility of independent toileting.
- 2) Create a consistent and regular routine around using the toilet.
- 3) Encourage your child to wear underwear during all waking hours - this gives your child the clear signal that you believe they are capable.
- 4) Diapering at nap or nighttime is done standing up, in collaboration with your child.
- 5) Observe when your child is eliminating and get them to the toilet as quickly and calmly as possible so they can finish on the toilet.
- 6) Track elimination to find a pattern and get the child to the toilet at times they usually eliminate.
- 7) Invite the child to change as soon as they are wet / have a bowel movement to give the experience that the normal way to be is dry and clean.
- 8) Recognize the child's capabilities by encouraging them to pull down and up their own pants and underwear and change independently as much as possible.
- 9) Re-frame your reaction. Be positive, give clear, correct information.
- 10) Never reward or punish for toileting successes or mis-steps - toileting is a natural process.

### The Three Psychological Stages of Toilet Learning

- 1) The child is cued from an adult to sit on the potty/toilet and try to eliminate.
- 2) The child is cued from an adult to try to eliminate. Before sitting on the potty/toilet there is a clear inward check-in and they will respond - yes or no and sit or not (different than not wanting to sit on principle).
- 3) The child initiates toileting themselves independently without guidance from an adult.