



Ten Tips for Toileting Success in the Toddler Community

by Kate Millie

- 1) Set up the environment for the possibility of independent toileting.
- 2) Create a consistent and regular routine around using the toilet.
- 3) Commit to the children always wearing underwear in the classroom community.
- 4) Re-frame your reaction. Use correct language, be positive and give clear information.
- 5) Invite the child to change as soon as they eliminate to give the experience that the normal way to be is dry and clean.
- 6) Recognize the child's capabilities by encouraging them to pull down and up their own pants and underwear and change themselves as much as possible.
- 7) Track elimination to find a pattern and get the child to the toilet at times they usually eliminate.
- 8) Develop a consistent way to clean soiled laundry that involves the parents as little as possible.
- 9) Commit to each child's individual toilet learning journey. Toilet learning is a natural process that takes as long as it takes.
- 10) Communicate your toilet learning process to the parents before the child begins in your environment and keep the parents informed on how the child is doing.

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.