

Toilet Training

Toilet training success hinges on physical, developmental and behavioral milestones. Children can show signs of being ready for toilet training between the ages of 18 months through three years. We want to support the readiness of your student by watching for the signs and creating an atmosphere of encouragement.

The Mayo Clinic Foundation published the following information that supports our approach to positive toilet training. We hope it is helpful to you when assessing your child's readiness.

Here are questions to ask when considering toilet training readiness:

- Can your child walk to and sit on a toilet?
- Can your child pull down his or her pants and pull them up again?
- Can your child stay dry for up to two hours?
- Can your child understand and follow basic directions?
- Can your child communicate when he or she needs to go?
- Does your child seem interested in using the toilet?

If you answered mostly yes, your child might be ready. If you answered mostly no, you might want to wait — especially if your child is about to face a major change, such as a move or the arrival of a new sibling.

Your readiness is important, too. Let your child's motivation, instead of your eagerness, lead the process. Try not to equate potty training success or difficulty with your child's intelligence or stubbornness. Also, keep in mind that accidents are inevitable and punishment has no role in the process. Plan toilet training for when you or a caregiver can devote the time and energy to be consistent on a daily basis for a few months.

(Mayo Clinic Foundation, 2018)

Learning Lodge West will encourage toilet training with students who show interest and have signs of readiness. Our teachers use positive systems to encourage toilet training and will communicate daily their progress. A child may be apprehensive or fearful of the toilet (sound of flushing, hardness of the seat). We want them to be a part of the process, if not initiate it. For instance, we start with positive praise when they are willing to go into the bathroom and see where they will use the toilet. Then we offer for them to try to sit on the toilet. We do not force, shame or bribe children into using the toilet.

Keep in mind, it takes practice and it's messy. They will practice a minimum of every two hours (they should be physically able to stay dry for up to 2 hours). During the process, a child will need extra clothes, diapers, wipes and pull-ups. It is the most successful if we work together and make it a positive experience. We are happy to talk with you about this important skill and how we can support each other during the process.