

## Toilet Training: Resources & Information

For more information, feel free to reach out to your preschool community liaison or visit the resources linked below.

### Readiness Indicators:

- Child is able to keep diaper dry for two or more hours;
- Child has regular bowel movements;
- Child shows interest in the bathroom and the toilet;
- Child shows a desire to be independent & develop self mastery;
- Child can follow and understand basic directions;
- Child can communicate through words, facial expressions, or posture that she has to go.

### Reasons to Consider Waiting:

Don't tackle potty training during another major change. For example:

- ▶ Moving to a new home;
- ▶ Birth of a new sibling;
- ▶ Moving from a crib to a bed;
- ▶ Starting or switching preschool.

These shifts may disrupt your toddler's routine and causes stress – which may set back toilet training.

### BVSD District Policy:

Many of the children enrolled in our preschool classrooms are independent in their bathroom needs. However, your child does not need to be toilet trained to attend a BVSD preschool. If a child isn't toilet trained, but shows readiness indicators, staff will do the following to support consistency between home and school toilet training:

1. Develop a schedule with the parent/guardian.
2. Give multiple opportunities during a preschool session to use the bathroom and develop toileting routines.
3. Proactively give reminders to go on a "toilet trip."
4. Develop a visual schedule for children learning to use the bathroom independently.
5. Provide praise and rewards to students for completing toileting activities.

### More Information & Support

At Mayo Clinic, over 3300 physicians, scientists and researchers share their expertise to empower you. Search for Infant and Toddler Health.

<http://www.mayoclinic.org/>

HealthyChildren.org of American Academy of Pediatrics is backed by 66,000 pediatricians committed to the attainment of optimal physical, mental, and social health and wellbeing for all infants, children, adolescents, and young adults.

<https://www.healthychildren.org/>

As part of The Nemours Foundation's Center for Children's Health Media, KidsHealth provides families with perspective, advice, and comfort about a wide range of physical, emotional, and behavioral issues that affect children and teens.

<https://kidshealth.org/>

# Different Toilet Training Techniques:

## The Brazelton Method

**Objective:** To allow the child to initiate and have control over all areas of toileting when he or she independently shows interest. Training begins around 18 months or older. Because your child sets the pace, toilet training can last anywhere between 3 to 12 months.

### Steps:

- When child shows interest in toileting, pick out a potty chair together.
- Invite child to observe others in toileting routines
- Encourage child to sit on their potty. While incentives (treats, stickers) can be offered for doing this, it is not necessary. Allow child to leave the potty chair whenever they wish.
- As interest increases remove diapers and pants and encourage child to use their potty chair independently and when they would like.

**Note:** *Potty-training success hinges on physical and emotional readiness, not a specific age. Many kids show interest in potty training by age 2, but others might not be ready until age 2 1/2 or even older — and there's no rush.<sup>1</sup> Parents must be ready to handle outside pressure in order that the child has a relaxed toilet training experience.*

<sup>1</sup>For more information check out this article *Potty Training: How to Get the Job Done* from <http://www.mayoclinic.org>

## The Azrin and Foxx Method

**Objective:** To teach your child to toilet independently in approximately one to three days. Training begins around 20 months old.

### Prepare for the “big day”:

- Have ~10 pairs of underwear available as your child will no longer use diapers once potty training has begun.
- Allow the child to watch others toilet and/or get a potty training doll that wets itself to teach toileting steps and words.
- Pick out a potty chair for your child.

### Steps on the “big day”:

- Have your child wear underwear--no diaper--and give your child as much to drink as desired (8 oz/hr).
- Prompt your child to use the potty often--every 15 minutes initially, sitting on the toilet for about 5-10 minutes at each attempt.
- You and your child check for dry pants every 5 minutes.
- Provide immediate, varied, positive reinforcement (juices, treats, hugs, etc.) at every instance of correct toileting skills.
- As child acquires skills and performs actions correctly, give approval only at the end of an action. Then reduce to praising dry pants only.

For more information check out the book *Oh Crap! Potty Training: Everything Modern Parents Need to Know to Do It Once and Do It Right* by Jamie Glowacki

## Children's Books on Potty Training

*Potty* by Leslie Patricelli

*P is for Potty!* (*Sesame Street*) by Random House and Christopher Moroney

*Once Upon a Potty* by Alona Frankel

*Everyone Poops* by Taro Gomi

*The Potty Book for Girls & The Potty Book for Boys* by Alyssa Satin Capucill

*Zoo Poo: A First Toilet Training Book* by Richard Morgan

