

How to Start Toilet Training Successfully

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Toileting training, or “potty” training can be a big step for any toddler- even parents. Toileting training is a process that requires patience, guidance, and readiness from parent and child. Many toddlers show signs of toileting training by the age of two. However, toileting training should not be rush. If toddlers are staying dry for at least two hours over a period during the day, then they may be ready to toilet train. When it is time to begin toilet training, there are three steps that will help master it. Choosing the right words, following a schedule, and teaching proper hygiene are just a few ways to succeed with toilet training.

First, choosing the right words to use is a very important step during toilet training. When parents use positive words and gentle tones, children feel more comfortable, less confused, and not so afraid of going to the toilet. It is a good idea to give children success praise when they use the toilet, even is the toilet is completely empty, afterwards. Encouraging words such as “great job” or “way to go” are just a few excellent, positive praises that will help children feel more secure. Other words like “pee pee,” “poop,” and “potty” are good to use to help familiarize children with what is happening when using the toilet. Children are more likely to succeed with toilet training when words are broken down into their level of understanding.

Second, following a schedule is another very important step to toilet training. Not only does it establish a routine, but it can lessen stress. Setting a timer every twenty to thirty minutes for regular reminders is a great way for parents to begin a schedule. Timely reminders will help children get to the toilet in time and lessen toilet training accidents. Along with setting timer, parents should write down the times their children use the toilet

in a diary or notebook, with the word urine or stool. This will help parents learn their child's toileting routines and habits.

Finally, teaching proper hygiene is equally important. It promotes healthy habits and prevent the spread of germs. Parents can start by demonstrating to their child how to wipe clean and coach them through the process. It is a good idea to have children look at the wipe each time they wipe and continue to wipe until they are clean. It is best for parents to encourage their child to put dirty wipes into the toilet bowl. Following, parents should demonstrate how to flush the toilet, so children can learn on their own. Along with wiping clean, parents need to help their child wash their hands properly, even if the toilet is empty. Parents can make hand washing fun and more engaging by singing hand washing songs to their little one.

Altogether, toilet training is a big step for both child and parent. With guidance and patience, it can be easily mastered. Parents, please have fun while toilet training and do not rush the process. It is a huge milestone for little ones and requires patience.

References

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