



OCCUPATIONAL THERAPY AND PHYSICAL THERAPY TEAM

Genesis Centre, Edmonton Catholic Schools

10537 – 44 Street, Edmonton, AB T6A 1W1

Phone: (780) 638-6810 Fax: (780) 638-6844

Toileting Skills

How Is Toileting Learned?

Toileting is a life skill that requires learning multiple steps before a child can be successful on their own. Before the child can successfully pee or poop in the toilet or potty, they first learn to follow a bathroom visit routine, manage their clothing, sit for short periods of time, flush and wash their hands. Caregivers can best support their child by following the guidelines below.

Is My Child Ready?

You will know the child is ready when:

- They can hold their bladder for 2+ hours
- They let you know by asking to be changed or showing discomfort, such as grabbing their pull-up
- Your routine allows consistent, scheduled bathroom visits



Toileting Tips:

- **Set a Consistent Schedule:** Visit the bathroom at least 6 times throughout the day. Build 'toilet time' into your daily routines.
- **Tell, Don't Ask:** *"It's time to use the toilet!"* Have the child visit the bathroom on schedule, even when they say they don't need to pee or poop.
- **Explain Expectations:** Use books and pictures to explain to the child the purpose of a toilet and how to use it.
- **Short Visits:** Aim for short sitting times of 1-2 minutes. Sing a song, play a game or read a book to keep the child seated.
- **Keep It Relaxed:** Keep it light and fun. If they aren't successful, say "that's okay, we'll try again later."

Bathroom Tools to Consider:

- If the toilet is not child sized; use a toilet ring reducer and a stepping stool, or a potty (this helps stabilize the child for a comfortable position)
- Print a reward chart and use stickers to help motivate the child or have something special that the child only gets when they sit on the toilet.
- Use a picture schedule of each step to foster independence.
- Use a timer to remind yourself and the child when they need to go the bathroom next.



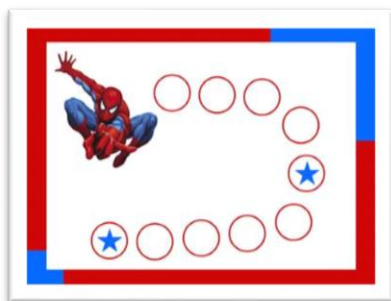


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Example sticker reward chart:
"When you get 5 stickers, you will get a new toy!"

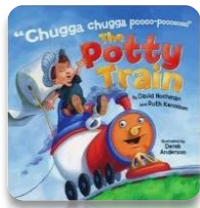
How Should I Reward Success?

- **Praise:** Draw attention to the child's success in the toilet. *"Look, you did it! Great job!"*
- **Sticker Reward Chart:** Let the child put a sticker on a sticker chart and explain what they will earn - activities, play time with favorite toys, or a small item from the Dollar Store.
- **Surprise box/bag:** Have a bag of small dollar store toys. When child is successful on the toilet, they can select a toy from the bag. Set a timer for 2-5 min, when the timer is up, the toy goes back in the bag. Swap out some of the toys from time to time to keep the surprises new and exciting.

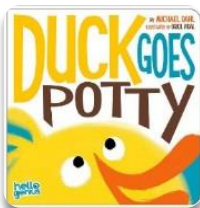
Potty Training Media for Kids

Books, videos, and apps are a great way of showing a child how to use the toilet and getting them excited to try. Read books you own or search for videos of others reading the books on youtube. Explore apps available for apple and/or android.

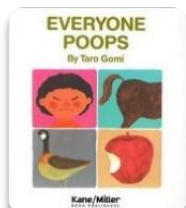
Books:



The Potty Train



Duck Goes Potty



Everyone Poops

Apps:



Daniel Tiger Stop
and Go



Potty Time
with Elmo



Potty Time

Use the characters, videos, or apps that you child enjoys.

Action Plan

1. Set up a daily toileting schedule that builds 6-bathroom visits into your day, e.g. first thing in the morning, before snack, after nap etc.
2. Set up your child for success with loose fitting clothing that they can pull down by themselves.
3. Choose the 'reward' you will give your child, have the supplies ready.
4. Be prepared for accidents. Accidents are a natural part of toilet training, if accidents occur that's ok. Simply direct the child to the bathroom to try a sit on the potty before changing dirty diapers or underwear.

Remember!

Make the experience fun! Going to the bathroom can be stressful for both child and caregiver. Find a reward that works and be consistent in the routine.