

Toilet Training



- ☺ Readiness - Typical children demonstrate a readiness between the ages of 2-3
Is my child ready?

	Motor skills		Self help skills		Cognitive skills
	Walks and changes speed		Regular bowel movement		Asks to wear "big kid" underwear
	Sits quietly 2-3 minutes		Stays dry for 2+ hours - daytime bladder control		Follows one step directions (bring me, Give me, go get)
	Assists with dressing		Dry after naptime		Has name for BM or urine
	Pulls pants up/down		Does not like being wet		Demonstrates sense of independence
	Removes diaper		Does not like being soiled		Demonstrates pride with accomplishment
	Runs away during diaper change		Shows interest in adult using toilet		Physical indication of BM (squat, facial grimace, grunt)

- ☺ Failure Pitfalls - Avoid introducing toilet training with major changes

- Move or recent move
- Big change to schedule (crib to bed, home to daycare)
- New baby in the family
- Family crisis or death
- Unpredictable schedule



- ☺ Strategies - Bowel/bladder control is one of two areas (feeding is the other) that give the child control over his/her world and can quickly become a power struggle

- ☺ "open door" policy
- ☺ Introduce potty chair
- ☺ Child sits on potty chair while dressed when adult goes potty
- ☺ Toilet schedule - every hour
- ☺ Fill the child with water
- ☺ Turn the water on
- ☺ Tinkle or poo wants to come out - conversation
- ☺ Rewards - m&m, sugar free sucker, Hersheys kiss - poop, grab bag, sticker chart

"Give child control:

- Choose pull-up or underwear
 - Allow birthday suit roaming
 - Pick out potty chair
- 


- Pick out sticker or rewards
 - Potty race - who will let it come out first
 - Watch videos or read stories, sing songs

- ☺ Be consistent with routine
- ☺ Avoid power struggle
- ☺ Avoid - "if you go, you get a treat"
- ☺ Avoid emotional display - showing anger or disappointment
- ☺ Allow at least 21 days before deciding to stop and try later

- ☺ Children with learning difference - consider active reflex, sensory issues, medical issues, communication and necessary adaptations - recruit help from OT
- ☺ Bedwetters - can be due to retained primary reflex patterns know as spinal gallant or spinal perezze - refer to bedwetting strategies

<http://www.pottytrainingconcepts.com/A-Potty-Training-Developmental-Stages.html>
https://www.pull-ups.com/na/getting_started.aspx?WT.mc_id=PUG&WT.srch=1

