



Toilet Training

Toilet training is an important, yet often challenging milestone for a child to achieve. We hope this educational resource will provide some useful information to assist with navigating toilet training with your child

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We recognise that every child is unique and that this content may not work for everyone. This content is general information and is not specific medical advice. We hope these tips will serve as a starting point for finding the best approach to help you have a positive toilet training experience. If difficulties persist seek professional health advice.

When to Start Toilet Training?

Toilet training is when a child, commonly between the ages one to four years old, transitions from using a nappy for toileting to using a toilet independently.

Each child develops at their own pace, so there is no shame if your child is late to toilet training.

Common indications that a child is ready for toilet training:

- They are able to follow a simple instruction like , “Sit on the toilet” and are able to pull their pants up and down
- They have regular, formed bowel movements
- They have enough bladder control to stay dry for at least one hour at a time during the day
- They have some awareness of when they need to go to the toilet

Equipment Used for Toilet Training

- Potty or toilet. Potty is easier to move around and appears less intimidating for children
- If the child is using the toilet, they will need a footstool or step for transferring onto the toilet
- A smaller seat which fits securely inside the regular toilet
- Training pants – absorbent underwear
- Pull-ups might be a good starting point for familiarising the child with wearing underwear.



Common Difficulties Faced with Toilet Training Your Child

TOILETING AND INTEROCEPTION:

- Toileting requires body awareness- awareness of how to release their bowel and bladder in order to go to the toilet
- Interoception is our ability to sense what is going on inside our bodies internally E.g. When you need to release your bowel or bladder

Try to offer some solutions: Create a body awareness social story with your child, recognise your need to use the bathroom out loud around your child, using descriptive words about your internal feelings. Etc.

SENSORY AVOIDANCES/PREFERENCES:

Assess the bathroom environment and watch closely for your child's sensory signals.

- Are they sensitive to the sound of the toilet flush?
- Does the child not like the feeling of the hard toilet seat?
- Is it the lighting?
- Is the flooring too cold?
- Is the underwear/pants too tight/irritating?

Try to offer some solutions:

Change the seat to a soft cushion, wait to flush the toilet after the child has left the bathroom, allow the child to choose 'toilet shoes', adjust the lighting, remove tags from underwear/ clothing, etc.

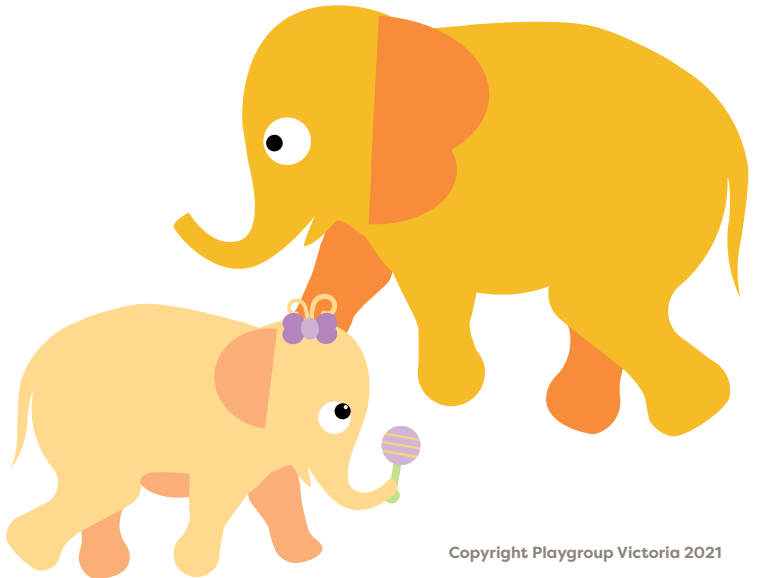
Tips for Toilet Training Your Child

MODELLING BEHAVIOUR:

- Show your child how you sit on the toilet and explain what you are doing because your child learns by watching you). You also can have your child sit on the potty seat and watch while you (or a sibling use the toilet
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- Potty training books can reaffirm the process of using a potty appropriately and when to use the toilet. They can help the child identify the signs of when they need to go to the toilet

VERBAL REINFORCEMENT:

- Use praise to help boost their confidence E.g. “Well done for sitting on the toilet!”
- Avoid negative language around toileting. E.g. “You stink
- .”Consistency with your approach. Choose the terms to use with your child. E.g. “Pee and poo.”



Tips for Toilet Training Your Child

HABIT TRAINING:

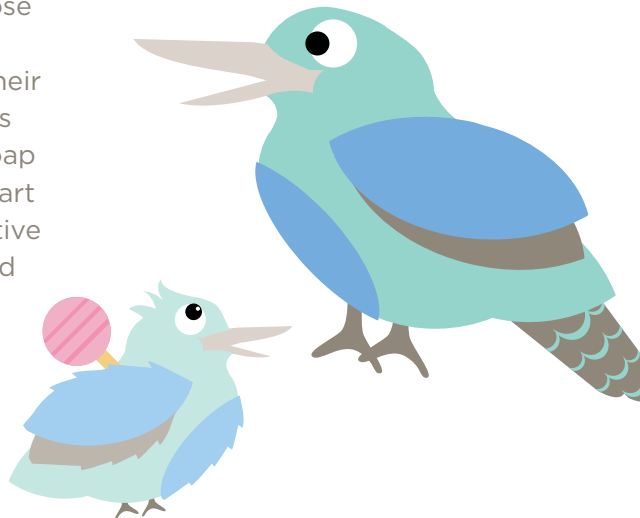
- If your child has a regular time they do a poo, sit them on the toilet at that time.
- Create a visual schedule for toilet breaks E.g. 9am, 11am, 1pm, 3pm
- The best times to encourage your child to use the toilet includes:
 - When they wake up in the morning
 - 20-30 mins after a meal or snack
 - After a nap

POSITIVE REINFORCEMENTS:

- Allow your child to choose their own underwear or select underwear with their favourite colours/themes
- Use a special scented soap
- Use a visual progress chart as it is a fun and interactive way to motivate the child

THINGS TO AVOID:

- Don't try at stressful times E.g. If you're in a hurry to leave the house. It is important that the child feels comfortable so they will more inclined to use the bathroom
- Consider skipping the 'potty' stage if your child has difficulty with change. Going straight to putting your child on the toilet, perhaps with a toilet training seat, limits the number of changes for your child during toilet training





References

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<https://www.healthline.com/health/parenting/potty-training/products#potty-resistant-gear>

Independence Australia

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Continenence Foundation of Australia

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