



Toilet Training Manual

*Things to keep in mind as
you toilet-train your child*

Getting your child toilet-trained is a significant milestone in any parents' life. However, the process of toilet training can be quite frustrating for you and your toddler. Night-time potty training and what to do when outside the home are aspects that need to be covered. Potty chairs or kids toilet seats help in the process. There are various potty training methods that can be used and tips that will help. It takes time, patience, and understanding to persist till the end goal is attained. You can start preparing them as soon as they seem a little comfortable getting out of their nappies. This e-book is filled with helpful tips for you to keep in mind as you go through the important process of toilet training your child.





You can try to start the process of training them soon after they are 18 months old. But don't expect them to master it completely for another year or so. There is no one method nor one age that is perfect for all children to learn potty training. Each child will adapt differently and over different periods of time. You should be aware of their mental and physical readiness before you start the process. Don't rush it, and don't be adamant that they learn immediately. This is more important during a period of changes for your family such as a new baby coming or moving houses.

Here are some signs of readiness in your toddler that you need to be on the lookout for:

- **Physically:** They move around well by themselves, able to remove pants mostly by themselves, able to understand when they need to go to the toilet, they have mostly regular schedules of going to the toilet, their nappies are dry for longer periods.
- **Socially:** They try to copy your behavior, they ask questions and say no to requests, they want to do things by themselves and show independence, they want to do things bigger kids do and want you to appreciate them.
- **Mentally:** They are able to follow instructions, they are able to understand when you ask if they want to use the toilet, they understand the difference between the nappy being dry and wet, they communicate when they want to go, they get more uncomfortable with going in the nappy.

GETTING STARTED



Give your toddler plenty of time to enter this new developmental stage in their life. Mentally prepare yourself and be very patient with them. Here are some ideas that will help you:

- Tell the child what this change means and explain what is happening, even if they cannot understand all of it.
- Tell stories about potty training and get them used to the idea.
- If you have older kids, let your child observe and learn from them.
- If they have a favorite teddy or other dolls, use them to show what it looks like to sit on the potty seat.
- Let them simply sit on the toilet seat so that they get used to the idea.
- Allow them to use the flush so that they are rid of any apprehension in that regard.
- Help them learn to take off their pants by themselves.
- Involve your child in buying the potty seat, choosing the color etc.



OTHER THINGS TO KEEP IN MIND

- All kids will not develop toilet training skills at the same time. Some will learn quickly in a few months while others might require a longer period of constant encouragement, repetition, and practice.
- Most kids will be initiated into using the toilet when they are past 2 years of age. However, some kids might be resistant to use the toilet for poo even though they might pee in it.
- Girls are seen to be less resistant to potty training than boys. They might adapt faster too. However, this is not a hard and fast rule, and differs from child to child.



- Encourage your kids, but don't pressurize or force them to use the toilet as you demand it. Let them do it in their own time. If they feel forced, they might start getting anxious about the object itself and mentally distance themselves from it.
- Let them know that you see them as capable and independent. Their sense of their own abilities and a feeling of being grown up will help in the process.

- Watch their diet carefully during this period since there are chances of constipation. They will take a while to get used to the idea of going outside their nappy, so this is normal. Include high-fibre foods like fruits, cereals and so on in their diet. Avoid too much cheese, sugar, bananas, rice etc. See a doctor if the issue persists.
- If you are going out with your child, make them go to the toilet before you leave the house. Be prepared with extra clothes, nappies, and training pants in case they want to go when outside and don't feel comfortable with new bathrooms. They will get used to it in time.



- If your child is in daycare, you can still continue your routine by asking their daycare centre for help. They will be used to the process and won't be hesitant to help. You can take tips and methods from them as well.
- Be patient, optimistic, and kind to them. They need to know that you are on their side. Repeat the same ideas so that they don't forget and remind them that they can do this. Soon enough, they'll be well-trained, and you will have a job well done.

A baby with light hair and large eyes is looking directly at the camera. The baby is holding a white cloth or piece of paper in front of their chest. The background is a soft, out-of-focus white.

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ebook useful and fun!
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