

TOILET TRAINING TIPS

Seven Steps to Success



Set a goal for your child to sit on the toilet once per hour. These may start off very short, 3-5 seconds. At least once per day set a timer and have your child sit longer to encourage a bowel movement.



Create a visual schedule of what to expect when it is toilet time. Click [here](#) for an example. Print the pictures and let your child put them in order and explain the process.



Make toilet trips part of your daily routine. Keep the visits consistent.



Tell your child it is toilet time in the same simple language each time. Example: Sam, It is time to go potty.



Do not wait for your child to request to use the restroom. Do not ask your child if he needs to use the restroom. Tell your child when it is time for a toilet trip and follow through.



Reward your child. Consider things he likes, snacks, toys, videos, or special family activities. Each time he complies with toilet time, even if he isn't successful, reward him with a small gesture.



Don't give up! Once you begin the process don't take days off or give in. Be consistent with the routine you've set up.

STEPS TO SUCCESSFUL TOILETING

