



Toilet Training Tips

What's happening and what you can do.

Most children are ready for toilet training sometime between their second and third birthdays. Keep in mind two things: first, everyone eventually becomes toilet trained. Your child will, too. Second, your child is ready when she is developmentally ready. Don't pressure your child—this could be stressful for both of you.



Signs that your child is ready:

- Interest in wearing underpants instead of diapers
- Interest in being clean and dry
- Able to stay dry for several hours at a stretch
- Able to dress and undress on their own



What you can do:

- Use pull-up diapers or training pants
- Make full use of books, videos, dolls, sticker charts, rewards, etc
- Let your child choose some of the stuff they will need (potty seat, underpants, etc)
- Be consistent; give your child reminders to use the potty
- Let other caregivers know that you've started toilet training
- Be patient, be prepared, and expect accidents



For more information visit thecapcenter.org or call 916-244-1906

Sources: Promoting Child Well-Being, 2012 Resource Guide. Making Parenting a Pleasure. Parenting Now Curriculum.

