

Toilet Training



Solution
Based
Casework

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1. A positive experience is greatly enhanced when parents set the tone with the decision to **keep it positive and relaxed.**
2. Timing also seems to be important. It is best when parents **wait to see early signs that kids are ready.** These might include being dry through the night, expressing an interest in “potty,” awareness that they have had a bowel movement or urinated (usually between two and three years old.)
3. Think ahead and **gather up the right equipment** (small potty chair, training pants, pull-ups, kids books, etc).
4. In the beginning it helps to **visit the potty frequently but not too long at a time.** Try to visit the first thing in the morning, before and after nap, after meals, after snacks, before outings.
5. Each visit **should be planned as fun with lots of praise** for each thing they do, i.e. “Oh, you sit there just like a big girl, don’t you!”
6. Decide ahead that you will **accept all accidents as if they were absolutely not a problem.** You can say things like “Oh, that’s OK. I’ll bet you will learn to put them in the potty real soon, you are so smart!”
7. If they are successful in using the toilet, **plan a small reward** to go with the praise.
8. Remember **to view this learning as long term** and that it may take several months and may have a few “accidents” along the way.
9. If you find yourself losing your temper and not following your plan, **talk to a professional about it** (health specialist, social worker, counselor) and get some more detailed help.