

When Should You Begin Toilet Training Your Child?

Once upon a time toilet training was determined by the age of the child. Years later it was determined that success was more dependent on muscle development than upon age. Because we here at Kinderplatz of Fine Arts are asked so often when and how to toilet train children, we have compiled some information from the Texas National Association of Young Children conference along with our own experience to provide you with some insightful information.

Toilet Training Is Learned...

Through Deferred Imitation

Copying Mom on the phone and Dad driving...

Through Exposure

While shopping at Home Depot, going through the toilet aisle.

Through Awareness

When visiting the zoo, pointing out the animals going to the bathroom, just like we do. This doesn't have to be a shameful thing, it's a fact of life.

Through Reading Children's Books

Read to your child children's books on learning to use the bathroom on the toilet.

Through Practice

Go through the motions and talk about each step.

Through Independence

Talk about how your child is growing.



About the Author

Jean Young has a Bachelor of Arts in Kinesiology. She has been teaching preschool children for over twelve years.

The concepts discussed in the Parent Education Series are used every day at Kinderplatz of Fine Arts.

You have the power to make a change in the number of school drop outs, teen pregnancies, drug use abuse and crime by starting early with your own child.

Together we can make a difference!



KINDERPLATZ
OF FINE ARTS

2701 Riverglen • Fort Worth, Texas 76109
Ph: 817.207.0660 www.kinderplatz.org

KINDERPLATZ
OF FINE ARTS



Is Your Child Ready for Toilet Training?

P A R E N T E D U C A T I O N S E R I E S

Outside the Home

Never yell this in a public restroom, “Don’t touch anything!!” This will place going to the bathroom as a scary situation. If children touch something, they can wash their hands.

Toilet Training Is NOT...

- A contest
- A job just for mom, dad or teachers
- A sign of a child’s intelligence

Toilet Training Depends on Three Things:

- Muscular development
- Neurological development
- Psychological development



When All These Signs Are Popping Up You Are Ready for 72-Hour Boot Camp

Signs of Physical Readiness:

- Stays dry for longer periods of time (i.e. through nap, or night)
- Knows the feeling of a wet diaper
- Can pull on and off pants

Signs of Emotional Readiness:

- Seeks privacy when having a bowel movement in a diaper
- Shows interest in putting paper in the toilet and flushing
- Shows curiosity in others’ toilet habits
- Decided he/she wants to use the toilet



Signs of Mental and Language Readiness:

- Follows simple directions
- Can ask to be changed
- Pays attention to physical signals (even when doing something else)
- Knows words for using the toilet
- Asks to wear underwear

Why Use Underwear (Not pull-ups)

Pull-ups can delay TOILET training. Think about it from a child’s perspective; “I’m big enough to graduate to using the TOILET, but I have on this pull-up that still catches URINE and BOWEL MOVEMENTS?” Nothing has really changed for the child.



When All THESE Signs Are Popping Up, You’re Ready for... 72-Hour Boot Camp

- Shelter in place for 72 hours
- Do not go anywhere; clear your calendar
- Give lots of water
- Throw out diapers and only use underwear
- Stay near your training child for the 72 hours making boot camp a bonding and fun time with your child. You will not regret the time you carved out to invest in your child!
- Don’t think of accidents as setbacks. Accidents are learning lessons for the child.

Some children may lose control during the night and may require a diaper when sleeping. Once that diaper is dry at night for a week your child is ready to move on to underwear at night.