

## STUDY GUIDE ON TOILET TRAINING

1. Why can't you toilet train a baby? *Muscle Control*
2. At what age are children commonly ready to be toilet trained? *2 for Girls*  
*3 for Boys*
3. List signs of readiness that a child may show that indicates he is ready for toilet training:
  - *Curious about toilet*
  - *Stay dry longer*
  - *Ask to use toilet*
  - *Takes diaper off*
  - *Knows when diaper is wet or messy*
  - *Put things in containers*
4. Before you begin to train a child, the following can be done for preparation:
  - *Talk about the "big day" a couple of weeks in advance*
  - *Explore the toilet – sit on it*
  - *Let them observe – sibling*
  - *Buy a doll or let child teach doll steps*
  - *Toilet seat*
5. The following are guidelines that may be used in training:
  - A. Buying underpants
    - *Let the child choose*
    - *Buy a lot*
    - *Training Underwear- thicker*
  - B. Other
    - *Pull ups*
6. What about accidents?
  - Probably will happen
  - Less as a child grows older
  - \_\_\_ You should ease off pressure – will help them become Less
7. Hygiene
  - Washing: *must teach- set them for life (habit)* *50% of girls*  
*70-80% of guys*
  - Flushing: can be fun or scary
  - Wiping: *Parent wipe first until child learns how- often to check*

8. Nighttime control:

Comes later than daytime.

Is it ok for the child to wear diapers at night and during naps? *Yes*

Signs of readiness:

- *Wake up dry*

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9. Resistance (possible causes.)

2 year old independence

Fear of failure

Physical problem- *enuresis*

10. Regression:

Is it common? *Yes- stress*

May be caused by birth of baby, vacation, moving

What should be done? *Patience and start over- don't get upset*

11. Other methods:

- *targets, cheerios, sinkem, musical toilets*

- *dolls, treats*

12. Do's

Let child decide when to begin

Praise for Successes

Be supportive, give praise, and encouragement

Respect child's body and feelings

13. Don'ts

Force child to sit for long time

Expect child to Perform on cue

Train during times of stress

Scold or be upset by accidents or compare them with other children