

## Guidelines for Toilet Learning

Typically, sometime in the last half of their second year, children reach the point when they are ready physically, cognitively, and psychologically to begin using the toilet. As caregivers and parents follow children's lead, are supportive, work together and avoid getting into power struggles with toddlers, they can master the skill of toilet learning through a pleasant and educational experience.

- Watch for signs that children are ready.
- Encourage children calmly, but without shame or undue pressure to use the toilet.
- Remind children to go to the toilet frequently.
- Applaud children's success without overdoing it.
- Allow children to see what they have produced and invite them to help flush it away if they choose to.
- Treat accidents matter-of-factly.
- Provide steps so children can reach the sink, turn on the water, and wash their hands when they are through.
- Make the bathroom a pleasing place to be.
- Provide books about children using the toilet.
- Ask parents how they are helping their child learn to use the toilet at home.