

**The Guiding Childhood Behavior Series
has pamphlets on the following topics:**

- **biting**
- **crying**
- **discipline**
- **lying**
- **going to the store**
- **stealing**
- **teaching independence**
- **temper tantrums**
- **toilet training**

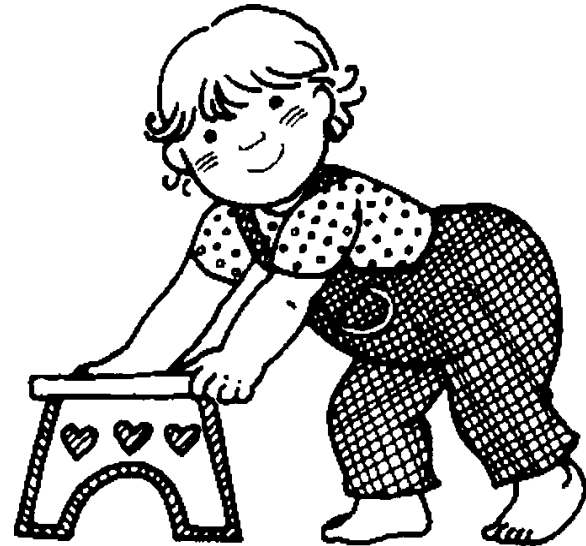
**Contact the Kent County Health Department
if you would like to know more about these or
other childhood behavior topics.**

**Kent County Health Department
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Grand Rapids, MI 49503
(616) 336-3040**

Copies of this brochure are available on the Kent County
Health Department web site at
www.co.kent.mi.us/health/publications.htm

TOILET TRAINING

Guiding Childhood Behavior Series



This pamphlet will tell you:

- **when your child is ready to toilet train.**
- **how to make toilet training easier.**

When To Start



Most children start to toilet train between 20 and 30 months of age. Some children may not start until 42 months. Before you begin trying to get your child to use the toilet, tell her why older children use the toilet. Show her the toilet and tell her what to do there. But, do not force your child to use the toilet before she is ready. Forcing her may cause her to wait longer to start using the toilet.

When she is ready, your child will be able to tell you that she needs to use the toilet. At first, she will only be able to tell you she needs to use the toilet after she is already wet or "stinky." This is normal.

How You Know Your Child Is Ready

Your child is ready to begin toilet training when he:

- Knows words like "potty," "wet," and "dry."
- Shows interest in using the toilet.
- Can do things like pulling down his pants and sitting on the toilet.
- Stays dry for a few hours during the day.

If he is having a hard time toilet training, you may want to wait for a week or so and then try again.

Making Toilet Training Easier

A few ways to make toilet training easier for your child are:

- Dress her in loose fitting clothes. This will help her get her pants down fast so she can use the toilet quickly.
- Praise her when she does it right.
- Remember, she may still have accidents when she is three years old. Do not get angry with her. Getting angry will not keep her dry the next time. Instead, say "I'm sorry you are wet."
- Get a "potty chair" and put it on the floor so she can use it when she needs to go to the toilet. Tell her it is for her only.
- Make it her job to stay dry. Ask her, "Check your pants - are they dry?"
- Do not give or let her have toys while she is on the toilet.

Other Facts About Toilet Training

- Boys often start to potty train after girls.
- Children will stop moving their bowels in their diaper before they stop wetting.
- Children will usually stay dry during the day before they will be able to stay dry all night.
- If you get mad at your child, remember, you had to be toilet trained, too!

