



## Successful Toileting Tips

### Toilet Education

Toilet education can be started when your child is giving clear signals that they are ready, and the process should be treated as another step in their development.

If your child is experiencing a significant change to the family environment, such as a new baby arriving, moving house, or starting child care, try and delay commencing toilet education. Staying dry all night, may also take some extra time. The average age is 3 years.

### Signs of Readiness

Signs that your child might be ready to begin toilet training can include the following:

- Your child's nappy is staying dry for longer periods (about 2 hours at a time)
- Your child is aware that they have had a bowel motion in their nappy
- Your child is aware that they are uncomfortable



when wet or dirty

- Your child has an interest in the toilet, and tries to copy other's behavior
- Your child can label some of their body parts
- Your child has a bowel motion at a similar time each day
- Your child's bowel motions are of a firm consistency
- Your child can sit still for short periods of time
- Your child is able to follow simple instructions

EVERY CHILD IS UNIQUE

It is not a race!

Toilet Education is a part  
**of your child's learning and**  
developmental journey.



## How Do I Do It?

- Prepare the environment. Is the toilet too far away from the play or living area? Is there enough light as some children are fearful if the toilet is very dim? Decide whether you will be using a potty, or the toilet. If you are using the toilet you may need a small step (this can be purchased at any baby shop or department store).
- Reading a book together on toilet training can be a helpful reference for your child and it takes some pressure off him.
- Ensure your child is wearing clothes that are easy to remove. Being able to remove clothing quickly is essential.
- Show your child how to use the toilet or potty.
- Explain in simple words to your child what they need to do. How much paper to use and how to wipe themselves. Flush the toilet and washing their hands after each time.
- Purchase “grown up” undies and lots of them! Make it a special and exciting shopping expedition together!
- Always try to remain positive about toilet training your child. Your child is not ready if you are constantly doing battle to get them onto the toilet. If that is the case, stop everything and try again in a few months.
- Children learn new tasks in small steps and each step can be praised. Don't wait until they can do the whole task properly before praising them.
- Coach, Praise and Encourage. Saying “Did you know you could do that? Or “You look very happy that you could do that!” convey a sense of achievement and self-satisfaction. Or you can encourage by recognising efforts, “Well done for trying to get to your potty”. (even if they are a bit late.)
- Remember as part of toilet education, your child should be encouraged to practice good hygiene. Remind your child to wash, dry and moisturise their hands each time they use the toilet – this should still be completed if you have not had a success.

Toilet education generally takes time and patience.

Your child needs to be praised when they accomplish successful toileting, but they should also be encouraged for trying.

Being positive for your child is the most helpful thing you can do for them at this stage.

This handout was prepared using information from various sources. References are available on request.

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