

Preston Ridge Pediatric Associates, P.C.

10 TIPS FOR EASY TOILET TRAINING IN CHILDREN

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1. Determine the best AGE and maturity to start with YOUR child and eliminate frustration. Must be off the bottle.
2. Use a consistent ROUTINE every day with sitting time, type of potty chair, and rewards.
3. Praise EFFORT not results.
4. Prevent MANIPULATION by eliminating positive and negative parental emotional responses.
5. Special books or “potty only” activities provide relaxation. Begin REWARDS at age 3.
6. Father and sons have anatomical similarities which can be used for STAND-UP routines.
7. Preventing CONSTIPATION will prevent painful “holding in” behaviors.
8. PULL-UPS may be counter-productive.
9. Large quantities of between meal JUCES make it practically impossible to stay dry.
10. When all efforts FAIL, regroup, wait 2 weeks, and start again with the basics. Remember: no one enters high school in diapers. It WILL happen.