



Is My Child Ready for Toilet Training?

There are many opinions about toilet training and many ways to toilet train. Opinions about toilet training come from people's personal experiences, family traditions and cultural practices. Some children are trained very early (before 24 months of age). Many children are trained later (after their 2nd or 3rd birthdays). Although it is possible to train a younger child, it is much harder and more stressful for the child. Toilet training early may put too much pressure on the child and parent. Children have more success with toilet training when they are older. Most children are ready to be toilet trained some time after their second birthday. Probably the best way to toilet train any child is to make it a positive experience for both parent and child. The first step in successful toilet training is knowing when your child is ready and following your child's lead.

Here are some clues to look for when your child might be ready for toilet training:

- Your child can and will follow verbal directions.
- Your child shows an interest in other family members' bathroom activities.
- Your child communicates in some way (with a word or a sign) that she has a full bladder or is about to have a bowel movement.
- Your child's bowel movements are on a predictable schedule.

If your child is ready, there is information available about toilet training. Even if your child is not quite ready, you can buy her a potty chair and help her get comfortable with this new experience. Tell your child what the potty is for and let your child sit on it (even fully clothed) when she is interested.

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