



TOILETING TIPS AND TRICKS

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Welcome

Toileting is not something facilitated through the parent's efforts; thus, we avoid the term "toilet training." It is, or rather should be, a natural process that grows out of the child's interest, desire for independence and self-respect, and gradually evolving neurological development.

Toileting is accomplished most easily with preparation that begins far in advance of the time when the child is ready.

Indirect Preparations for Toileting

01

Allow your child to observe you using the bathroom, children learn from modeling.

02

When your child is at the age of pulling up to stand, let them stand to be changed and talk to them about what you're doing.

03

When your child can stand change their diaper in the bathroom, this helps them to make appropriate associations.

When to Begin Toileting

- Between twelve and eighteen months is the sensitive period for beginning toilet awareness. (It can begin sooner or later, depending on the child)
- Look for signs of readiness:
 - An interest in cycles - your child watches with interest and can follow along.
 - Your child is walking
 - You notice your child touch his/her genitals
 - Your child begins to have bowel movements at certain times of the day

Equip for Toileting Success

- What you'll need:
 - Undies – thick underpants are good to start with as they are the most absorbent and durable.
 - Pieces of waterproof cloth for the child's car seat
 - Pants that are easy for the child to pull up and down
 - Mattress covers and a supply of bedding
 - Potty, stool, small chair, bin for spare clothes



Types of toilets/potties

- Having the right toilet or potty can help to support your child's comfort level around toileting.
- There are several varieties to choose from including potty chairs, seat covers, guards, and stools.



Start Toileting

- In the beginning, take your child to the toilet every half-hour or so and encourage them to “try”. Doing this helps your child learn through the experience of using the toilet, and this works much better than asking them if they need to go.
- It is important that your child change as soon as they have had an accident. Children need to be used to the feeling of dryness and respond right away to wetness.
- Timing is key with getting bowel movements into the toilet! If you find that your child has a routine of having a bowel movement at the same time of the day, make it a habit of going to the bathroom together and sit on the toilet.
- If your child is irregular in their timing, take note of their behaviors and take them to the bathroom immediately if/when they have an accident. Help them change and together watch the BM flush down the toilet.

Toileting Continued

- Continue to support your child with letting them independently dress themselves
- If your child uses the potty seat, allow them to pour/dump any successes into the toilet and flush it away
- Staying dry at nap and night-time might come later. Many children sleep deeply and are unable to wake to use the toilet.
- During early stages of toileting, bring a potty with you when you are away from your home/school.
- Make a routine of using the toilet before an activity or leaving for a destination
- Always have spare sets of clothes available



CARE OF
SELF

Self-Care/Wiping

- Now, there are obviously many factors that come into play when determining how toilet paper much to use, but it's a good idea to show your child how to measure the amount by wrapping it around their hand. My rule of thumb is "*3 wraps and a slide*".
- That is, wrap the paper around the hand 3 times, then slide your child's hand out. Kids tend to want to wad the paper into crumpled balls for some reason. That can lead to *yucky* hands!
- When your child gets a *little* older, you can talk with them about waste and environmental concerns, but for young children, making sure we keep clean butts and hands takes precedence.
- Girls need to be taught to wipe *from front to back* and the importance of being thorough should be stressed. Females are more susceptible to Urinary Tract Infections (UTI).

Accidents Happen

- Accidents are a very important part of toileting awareness. They are a key learning opportunity and help kids to learn to notice their body's cues - and act on them
- We must understand that children are learning and when children learn they make a mess, they test their own abilities, they get the timing wrong and they make mistakes, but these things are all part of the process.
- Along with plenty of patience and time, kids need adults who are confident in them, trust in them and give them the opportunity to learn. Kids need adults who accept their accidents, if not welcome them, and most importantly of all - stay consistent with the decision that now is the right time, even if it's not accident free!
- Even those who are successful at using the toilet sometimes have accidents. Accidents can happen for several reasons, its best to observe and take note of the behaviors and actions of your child to determine cause. Some possible causes could be a change in routine, fear of the toilet, the bathroom, or of eliminating, or they do not know how to prioritize their needs.

BED WETTING



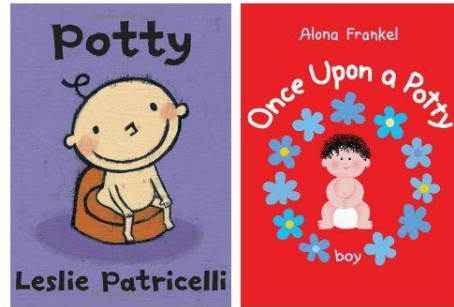
Bed Wetting (Enuresis)

- 5 to 7 million children in the US ages 6 and over wet their beds at night
- Possible causes of bed wetting include:
 - Small bladder
 - Lack of hormones that concentrate urine
 - Family history
 - Bladder or urinary tract infection
 - Habit
- Solutions
 - Visit your child's doctor
 - Open communication with your child
 - Setting an alarm
 - Limiting liquid intake at night
 - Medication



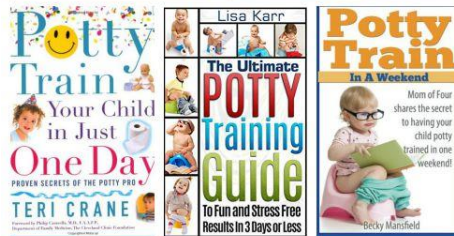
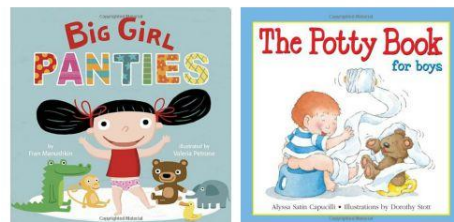
Because children are in control of whether they use the toilet, the language you use with your child is very important. The goal is to empower them and their growing desire for independence, without starting a power struggle or inadvertently causing feelings of shame or failure.

Reading Resources




POTTY TRAINING BOOKS

ON THE JENNY EVOLUTION



- Children's books are great resources to start and continue conversations with your child.
- Have books available for your child to read while they are trying to use the potty/toilet
- Make your own potty story book by taking pictures of your child throughout the process.



Any child who is self-sufficient, who can
ties his shoes, dress or undress himself,
reflects in his joy and sense of achievement
the image of human dignity which is
derived from a sense of independence.

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Resources

The National Kidney Foundation
[Bed Wetting](#)

Toileting the Montessori Way by Susan Tracy
[Tomorrow's Child Montessori Toileting.pdf](#)

Toileting for Toddlers by Mary Broeckling
[MontessoriParent - Toileting.pdf](#)