

THE FOUR STAGES OF TOILET LEARNING

by Kristi Hayward (CCC Teacher)

Stage 1: *Toilet Play*

- pretends to toilet, usually with clothes on
- observes others going to the bathroom
- shows an interest in the toilet

Stage 2: *Toilet Practice*

- practices flushing
- practices pulling pants up and down
- practices getting on and off the toilet
- practices squatting and standing
- practices hand washing
- ask is diaper is wet or dry, clean or dirty

Stage 3: *Toilet Learning*

- shows interest in wearing “real” underwear
- feels the need to urinate by showing gestures, is verbal, or uses facial expressions
- hold urine for longer periods of time
- acquires the desire to be clean
- has words for using the toilet and tells you when they have to go
- can pull pants up and down for themselves
- stands and sits well on their own
- shows signs of pushing and concentration when they are ready for a bowel movement
- tells you they are soiled or wet and needs to be changed

Stage 4: *Independent Toileting*

What You Can Do

- Explain to the child you will be taking them to the toilet and what will happen. Introduce them to underwear and show them yours.
- Let the child pick out “real” underwear. They may have a favorite character like Barbie, Dora, Batman, Spiderman, Bob the Builder, etc.
- Let the child watch a parent or sibling urinate to help them visually learn.
- Give encouragement and positive reinforcement for **TRYING** to use the toilet.
- Turn on the water to use as a stimulus to urinate during early toilet learning.

- Read books with your child about toilet learning.
- Mentally prepare yourself for the process
- Let the child be in charge of as much of the process as possible. Tell them to let you know when they have to go.
- Make up a song as encouragement.
- Pretend to be something or dance while going into the bathroom.
 - kangaroo, elephant, bird, lion, train, airplane, etc.
- Give an appropriate vocabulary for body parts and functions.
- Provide a potty chair for learning and/or a step stool to use the toilet. Let the child use whichever they prefer. Remember they need to feel comfortable.
- Give the child a book to read to relax while sitting on the toilet. You may also save special books just for when they are sitting on the toilet.
- Give simple answers to questions without making the child feel embarrassed or ashamed for asking.
- Begin a routine of handwashing after each visit to the toilet.
- Monitor fluid intake, especially before bedtime.
- Postpone toilet learning if the child does not seem to catch on or does not seem interested.
- Talk about the items in the bathroom and what they do
 - toilet, sink, soap dispenser, toilet paper, etc
- Use positive encouraging phrases,
 - “You did it”, “Way to go”, “Good for you”, etc.
- Ask child gently if they need to use the toilet throughout the day.
- Cue children as adults toilet, “I’ll be back, my body tells me I have to use the toilet.
- Focus on the progress.

- Under-react to accidents
- Approach accidents as opportunities for the child to learn how to clean up and get dressed. Be warm and supportive.
- Dress children in easy-to-remove clothing. Sweatpants are the best

What Not To Do

- Do not dress your child in clothing that is hard to get out of during early learning. Wearing these items may cause extra stress for the child if they can not get them off in time or are always getting wet or are having to change their clothes. Do not dress them in these until they have mastered toileting with them on and can undress themselves.
 - overalls, buttons, onesies, and dresses
- Do not shame, threaten, or punish a child for having an accident
- Do not insist a child remain on the toilet longer than 5 to 7 minutes. The child may develop an association of unpleasantness with the bathroom
- Do not take away privileges for accidents
- Do not force a child to start learning who is not ready
- Do not use words like “dirty”, “naughty”, or “stinky”. These negative terms can make your child feel ashamed and self-conscious
- Do not use food or other treats as a bribe
- Do not expect it to happen overnight.
- Do not stress out about it! It will happen.
- Do not compare your child with another.

HYGIENE HINTS

When a child is learning how to use a toilet, it is also important that he or she learn hygiene. Here are some hints:

-Teach girls to wipe from front to back, because bacteria can easily be transferred from the anus to the vaginal area.

-Hand washing should always be included at the end of every child's bathroom routine.
-Encourage children to wipe gently, to prevent irritation which can cause infection.

-When accidents occur, never leave a child in wet or dirty clothing. Change the child's clothing as quickly as possible, and have the child assist you where appropriate.

REFERENCES FOR CHILDREN AND PARENTS

Children Books

KoKo Bear's New Potty by Vicki Lansky

Annie's Potty by Judith Caseley

Once Upon a Potty by Alona Frankel

I Want My Potty by Tony Ross

I Have To Go by Robert Munsch

Going to the Potty by Mr. Rogers

My Potty Chair by Ruth Young

Your New Potty by Joanna Cole

Toilet Learning by Alison Mack

Potty Time by Betty Reichmeier

No More Diapers by J.G. Brooks

Everybody Poops by Taro Gomi

The Toilet Book by Jan Pienkowski

Stop and Go Potty by Judith H. Blau

My Potty Book by Mary Atkinson

I'm Grown Up by Margaret Miller

Getting Dressed by Ben Argueta

Adult Books

Toddlers and Parents by Barry T Brazelton

Good Behavior by Stephen W Garber

Toilet Training by Vicki Lansky

Toilet Training Without Tears by Charles Schaefer M.D.

Mommy, I have to go potty! by Jan Faull M.Ed

The Comprehensive Toddler Curriculum by Kay Albrecht & Linda G. Miller

Toilet learning readiness should not be dictated by a child's chronological age. Make this a special moment. A potty chair is recommended rather than a toilet during the early stages because children feel more secure and stable on the potty. The potty also provides the best biomechanical position for the child. Initially, the child is encouraged to sit fully dressed on the potty. What makes Montessori toilet learning different, is that it follows the development of the child and it is respectful of each child. It is gradual and at the child's pace. Previously I have published a parenting handout from Forest Bluff School (with permission) on Montessori toilet learning. I have republished this handout below. I hope it is useful! In the early stages, your child could wear just her underwear from the waist down, so that using the potty and changing is simple and doesn't take long. Timing is key with getting bowel movements into the toilets! If you notice that your child has a bowel movement around the same time each day, make it a routine time to go the bathroom together and sit on the toilets. Yes, for some children toilet learning can happen overnight, but for most it takes a while until they are fully prepared and able to use the toilet 100% of the time. The history of toilet training. This may not match your image or the stories that you heard about your own toileting success. In the past, children were trained to use the toilet at a much younger age. Part of the trick to successful toilet learning is judging when your child is up for the task. Consider the following four issues: 1. Maturity Level. Maturity level is the combination of ability and motivation. The Four Stages of Toilet Learning by Kristi Hayward (CDFC Teacher) Stage One: Toilet Play. Pretends to toilet, usually with clothes on; Observes others going to the bathroom; Shows an interest in the toilet. 401 People Used More Courses. Check out the Toilet Training Continuum at www.toilettrainingeducators.com.au for more detailed information on the stages and process of toilet training. Related products. Show Details.

There are basically three aspects of toilet learning. Control of the sphincter involves the 1) physiological and 2) psychological development of the child, and 3) the assistance provided by the adult. If the child is given the proper assistance, in what nature intended to be the harmonious development and integration of his physical and psychological being, the function of using the toilet with assistance will take place much earlier than previously expected. True knowledge is direct knowledge of reality and at every stage of progress it is necessary to refer back to Nature to test and verify facts and knowledge. Digestion in the stomach usually takes two to four hours. The gallbladder assists in the digestion of fats. Before you start toilet training, consider your child's behavior, personality, and temperament. What time of day is your child most eager to learn and cooperative? Are they withdrawn or shy? What is their attention span? The four stages of toilet learning. Northern Illinois University. TAGS. Toilet training (also potty training or toilet learning) is the process of training someone, particularly a young child or infant, to use the toilet for urination and defecation. Attitudes toward training in recent history have fluctuated substantially, and may vary across cultures and according to demographics. Many of the contemporary approaches to toilet training favor a behaviouralism- and cognitive psychology-based approach. Healthy Children > Ages & Stages > Toddler > Toilet Training > Stages of Toilet Training: Different Skills, Different Schedules. Ages & Stages. Listen. Español. Text Size. Stages of Toilet Training: Different Skills, Different Schedules. Page Content. Article Body. One of the most difficult aspects of toilet training for many parents is the uneven pace at which different types of training occur. Your child may learn to urinate into a potty quite easily but take several more months to start having bowel movements there. Daytime training may have been a breeze for your toddler, but he continues to wet the bed frequently through age five. If so, you may find that what at first seemed an enormous gap between bladder and bowel training actually turned out to be no more than three or four weeks.