**Toilet Learning**

“Help me to do it myself”

Toilet learning is an important part of development that a young child will have to achieve by his/her own efforts. This is one of the many skills towards their path to independence. By following simple guidelines a caregiver can support a child who is working toward this goal.

* Encourage and support your child’s efforts to dress and undress him/her self. It is ideal to establish a routine to practice these activities before baths (undressing) and bedtime (dressing)
* Invite your child to visit the bathroom before Toilet Learning in order to become familiar with that environment. Allow him/her to experience sitting on and flushing the toilet, using toilet tissue, using step stool, washing the hands at the sink, etc.
* Invite your child to sit on the toilet at every diaper change before switching to cloth underpants.
* Establish and follow a routine for “trying” to use the toilet every hour while still in diapers.
* READY FOR TOILET LEARNING! Using ONLY **cloth underpants** CONTINUE to invite your child to use the toilet every hour until he/she shows sign of further bodily function awareness. The time between visits can extend to one and a half and two hours if the can manage to keep him/her self clean.

**Remember to:**

**Be consistent!**

**Be neutral to his/her successes AND misses.**

**Be consistent!**

**Be consistent!**