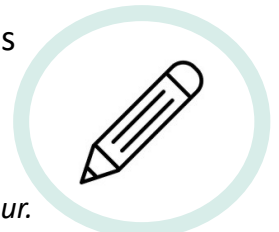


At Eleutheria we understand that navigating toilet training can be challenging. Trying to figure out if your child is ready to start toilet training, how often to take them to the toilet, and then how to make them actually use the toilet! It is **alot!** We've tried to make this toilet training guide as detailed yet as simple as possible to help us help you.



Firstly, let's look at a few simple guidelines to assess whether your child is ready to begin the journey of toilet training.

1. *Age: Typically around two-years-old children will be ready to begin toilet training. However, for children with developmental delays, this may be closer to three or four.*
2. *Bladder control: Your child should be emptying their bladder when voiding and able to remain dry for at least one hour during the day.*
3. *Predictable stool patterns: Your child's bowel patterns should follow a regular and predictable pattern.*
4. *Motor skills: Your child should independently walk to and from the bathroom, and pick up objects.*
5. *Behavior: Your child should be able to sit on the toilet for around three-minutes [with reinforcement].*
6. *Instructional readiness: Your child should be willing to follow simple directions.*
7. *Indicates need: Your child should be able to indicate their need to use the toilet. This could be through facial expressions, gestures, pictures, signs, or words.*

If your child is not yet meeting the above criteria, don't worry. Simply highlight the areas they are not yet able to demonstrate and begin to work on these skills.

Once you have determined that your child meets these criteria, or at least 5/7 of these criteria, it is time to begin toilet training. Let's start by taking some data.

Toilet Training Baseline

For the Toilet Training Baseline, you will be required to check your child's diaper at the corresponding time written on the datasheet. You can then simply put a tick [✓] in that time slot box to indicate if your child was Dry(D)/Wet(W)/Soiled(S). Collect data for around one-to-two weeks. See below for an example.

	Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
	D	W	S	D	W	S	D	W	S	D	W	S	D	W	S	D	W	S	D	W	S
6.00am	✓			✓			✓			✓			✓			✓			✓		
6.30am		✓	✓		✓			✓	✓		✓	✓		✓			✓			✓	✓
7.00am	✓				✓	✓	✓			✓				✓	✓		✓	✓	✓		

Once you collect your baseline data you can begin to analyze it for patterns and regularity of toileting. In the brief example above, you can see that the child has regular bowel movements at approximately 6.30-7.30am and regular voiding at 6.30am.

This is an established pattern which we can now use to toilet train this child. From here, we would decide to take this child to the toilet at around 6.20am, 6.40am, and 7.00am daily.

This means we aim to take the child just **before** their usual bowel and bladder movements of 6.30am.

By allocating three time slots with short intervals, i.e. 20 minutes between each trip, we are optimizing the chances of the child vacating or voiding on the toilet, whilst minimizing the chances of the child having an accident away from the toilet.

Once you have collected your baseline data and highlighted any patterns within your child's toileting routine, you can determine your set toilet schedules as shown in the previous example. Aim to take your child to the toilet just before as well as during the times of their typical bowel or bladder movements.

It can be useful to set a timer on your phone, watch, or using any other type of timer to remind you when to take your child to the toilet.

Next, you can begin to collect data on if your child voids his bladder or vacates his bowels when you take them to the toilet. This is an essential step as it will allow you to see if you have timed your toilet trips accurately. If you find your child is remaining dry in between toilet visits, this is a sure sign you have accurately timed your trips. However, if your child is frequently wet when you take them to the toilet, you may need to adjust your timings.

Toilet Training Datasheet

For the Toilet Training Datasheet, you will be required to take your child to the toilet at the corresponding times. These timings you will need to write in yourself based upon your Toilet Training Baseline data. You can then simply put a tick [✓] in that time slot box to indicate if your child was dry (D) or wet (W) when you took them to the toilet, as well as if they vacated (Va) or voided (Vo) in the toilet. See below example.

	Sunday				Monday				Tuesday				Wednesday				Thursday				Friday				Saturday							
	D	W	V _a	V _o	D	W	V _a	V _o	D	W	V _a	V _o	D	W	V _a	V _o	D	W	V _a	V _o	D	W	V _a	V _o	D	W	V _a	V _o				
6.20am	✓				✓				✓				✓				✓				✓				✓				✓			
6.40am			✓	✓			✓				✓	✓			✓	✓			✓				✓				✓				✓	✓
7.00am	✓						✓	✓	✓				✓						✓	✓			✓	✓	✓				✓			

Aside from simply taking data, you will need to reward and encourage your child to use the toilet instead of their diaper. You will need to establish a routine. Here are out top tips for establishing a good routine.

1. *Diapers: When your child wakes up, take off their diaper and put on 'big girl/boy' underwear. No more daytime diapers.*
2. *Visual schedules: Establish a visual schedule to show your child two things*
 - I. *When they will go to the toilet (the times in their day)*
 - II. *What to do when they are on the toilet*



3. *Rewards: Provide access to a pre-established reward if your child vacates or voids on the toilet. This should be something that they **only** have access to for using the toilet. They should not access this item any other time during their day. This could, for example, be a candy or iPad time.*
4. *Practice: Teach your child adequate toilet hygiene outside of the bathroom environment. Our favourite resource is this handy [YouTube video](#)*

Toilet Training Baseline

D= Dry W= Wet S= Soiled

	Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
	D	W	S	D	W	S	D	W	S	D	W	S	D	W	S	D	W	S	D	W	S
6.00am																					
6.30am																					
7.00am																					
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8.00pm																					

Time	Sunday				Monday				Tuesday				Wednesday				Thursday				Friday				Saturday						
	D	W	VA	VO	D	W	VA	VO	D	W	VA	VO	D	W	VA	VO	D	W	VA	VO	D	W	VA	VO	D	W	VA	VO	D	W	VA