



# TOILET LEARNING

## IT'S A CHILD'S DEVELOPMENTAL PROCESS

Potty training. One of the most stressful times in a parent's journey. Also, one of the most likely times for child physical abuse to occur. But it does not have to be this way. Modern research tells us that the median age to be ready to begin learning to use the toilet is 29.5 months for girls and 33.5 months for boys. Research also tells us that starting early does not equate to being trained early, only to a longer training time. Very few children show all signs of readiness before 27 months of age. When the child (not the parent) is ready, toilet learning should take only a few weeks or months. Let your child lead.

Are they ready? Can they:

- Dress and undress themselves
- Get on and off the toilet
- Verbalize or signal the need to go and get there in time
- Manage hygiene
- Be emotionally ready to let go of the ease and comfort of diapers

**Most children master using the toilet between age 2 ½ and 3 ½ years**

**This is your child's accomplishment and skill**

**Frequent accidents are not success**

**Parent expectations often exceed the child's abilities**

**Children control their own bowel and bladder**

### RESOURCES:

[zerotothree.org](http://zerotothree.org)  
[aap.org](http://aap.org)  
[healthychildren.org](http://healthychildren.org)  
[mayoclinic.org](http://mayoclinic.org)  
[aafp.org](http://aafp.org)



[www.mccpin.org](http://www.mccpin.org)

Supporting, promoting, and strengthening the profession of family childcare thereby enriching the lives of providers, children, families, and communities.