

Toilet Training Resource Supplement

Toilet training is not easy. It takes time, effort, consistency and patience. However, children need to be taught how to use the toilet just like any other skill.

Is your child ready? If your child is able to sit on the toilet for 15 minutes without complaining, can pull their pants up and down, get on and off the toilet, follow directions most of the time and has awareness of when they have soiled their diaper, then they are ready to start!

We have included procedure sheets for two of the most common training strategies for you to use with your child.

What's Included:

- Rapid Toilet Training (RTT) procedure sheet
- Scheduling toilet training procedure sheet
- Toileting Log

Additional Resources:

- healthychildren.org
- P is for Potty by Naomi Kleinburg
- Once Upon a Potty by Alona Frankel
- Daniel Tiger's Stop and Go Potty app
- PottiTrain app
- Perfect Potty app

For Additional Information:

Watch our Webinars



Visit our Website



Rapid Toilet Training

With this method of toilet training, several hours per day are spent in the bathroom. Your child generally sits on the toilet while doing other activities until they void (pee or poo). This procedure can take from one day to one week. It is generally a faster method of toilet training than 'scheduled toilet training.'



- Identify a reinforcer (like a special toy or food), something your child is willing to work for. Don't allow access leading up to training days. Only allow access after using the toilet.
- Plan to work on toilet training when you have a few consecutive days available to dedicate a solid block of time to the process.
- Have preferred fluids available to encourage your child to drink an ample amount. Keep a drink close by, as well as salty snacks, that the child can freely access.
- Make it fun to be in the bathroom! Bring in books, toys, and allow your child to engage in preferred activities while sitting on the toilet.
- Keep it positive! Allow breaks as they are needed.
- After voiding and flushing the toilet, spend the next 5-10 minutes off the toilet and playing. Then repeat the process.
- Once your child is successful with self-initiating several times, you can move on to doing scheduled trips throughout the day at regular intervals.
- As your child makes progress, gradually fade out reinforcers.

Scheduled Toilet Training



With this method of toilet training, data is first collected on when your child is voiding (peeing or pooping) in a diaper throughout the day. Your child is then taken to use the toilet at regular intervals throughout the day, sitting for a predetermined duration of time.

- Identify a reinforcer (like a special toy or food), something your child is willing to work for. Don't allow access leading up to training days. Only allow access after using the toilet.
- Collect data on when your child typically voids in their diaper. Pay attention to time of day, how long after meals it happens, and whether it's urine or poop.
- Once you know their schedule, begin to take your child to the bathroom slightly before you expect them to need to void next. For example, if they pee every 30 minutes, take them to the bathroom after 25 minutes.
- Have your child sit on the potty until they void. If they aren't voiding, you can have them sit for specific time (5–7 minutes) before getting up if they don't go in the toilet.
- It can be helpful to have your child only in underwear during this process so they get used to the feeling of having to go without the diaper on.
- If you notice your child starting to have an accident:
 - Rush them to the toilet and remind them, "We pee/poop in the toilet."
 - Give reinforcement for any completion on the toilet.
 - After toileting success or an accident, your child may stay off the toilet until the next scheduled time.
- Once accidents drop to near zero consistently (e.g., 1 or less accidents per week for 3 consecutive weeks) AND your child is on an appropriate schedule, they can return to their normal routine.

Toileting Log



Date:							
Time of day							
Walks to toilet							
Pulls down pants							
Wet or dry pants?							
Urinate							
Bowel movement							
Pulls up pants							
Washes hands							
# minutes on toilet							