

BUILDING ASSOCIATION

BETWEEN PEE AND POO & THE TOILET BOWL

1 ALL CHANGING OF DIAPERS HAPPEN IN TOILET ROOM

This can start as early as you want once your child is cooperating or participating in the routine of changing diaper. It does no harm to build the association early!



2 ALL CHANGING/ CLEANING UP OF ACCIDENTS HAPPEN IN THE TOILET

Accidents happen. The key is to turn it into an opportunity for learning. Let the child take part in the cleaning process, and do all changing inside the toilet to help them build the association of pee/ poo with toilet bowl.



When you change diaper with your child, say:

**"DIAPER IS WET.
GO TOILET AND CHANGE."**



When your child sits on the toilet bowl, label by saying:

**"TOILET BOWL.
TOILET BOWL IS FOR PEE PEE."**

3 EXPLICITLY BUILD THE ASSOCIATION BY LABELLING

Just like learning other concepts, building understanding to the function of toilet bowl can be facilitated by labelling and describing the process.

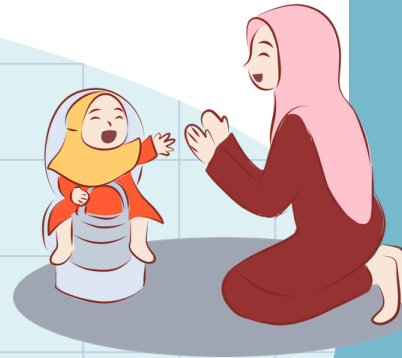


When your child indicate wet/ soiled diaper or hand-pulling you to the toilet, model by saying:

'I WANT TOILET.'

GUIDE TO TOILET TRAINING YOUR KIDS

CREATED BY
EIC FERNVALE LINK TEAM





WHEN IS YOUR CHILD IS READY FOR TOILET TRAINING?

- Different researches suggest different 'sweet spot'
- You may consider looking for individual sign of readiness
- Consult an OT if you are not sure



SOME SIGNS THAT SHOW YOUR CHILD IS READY

- Staying dry for longer periods of time
- Seeming uncomfortable with soiled diapers
- Interest in the toilet or wearing underwear
- Ability to follow simple instructions

HOW TO START WITH TOILET TRAINING



• EXPOSURE TO TOILETING STEPS

Click [here](#) to download the toileting steps visual chart. You can start even if your child is not ready to carry out all the steps.



• REGULAR BASIS

Bringing your child to the toilet at regular basis can build up a habit and give opportunity to practise

A regular time interval/ association with specific routine (e.g. after reaching home/ before meal time)



• MODEL TOILETING

It may sound awkward but it's how children learn what to do with the toilet

e.g. Mom can bring her daughter along to the same toilet cubicle. / Allow your child to observe their siblings if they are comfortable with it.

GOOD PRACTICES

- Building a welcoming environment
 - Keep floor dry
 - Avoid bad odour
 - Accessible height of toilet bowl for children
- Stay positive and reduce shame in case of accidents
- Use of positive reinforcement

DO APPROACH AN OCCUPATIONAL THERAPIST (OT) IF YOU WOULD LIKE MORE INFORMATION!

