

The Good Habits Checklist for Toilet Learning

- Tell your child it is time to go to the bathroom (**don't ask**)
"Time for bathroom" in words, signs and/or pictures
- Change your child's diaper in the bathroom (consider **privacy** and connecting bathroom with changing, sitting on the toilet and washing up)
- Have child help put BM in toilet and diaper in garbage then wash up
- Use books/videos to show your child others using toilet
connectability.ca/category/kids/workshops-kids/page/2/
- Check stability on toilet, feet are flat and body steady
- Eliminate excess sights, smells or sounds in the bathroom (ex. unscented soaps, keep fan off, low lighting)
- Do track bowel and urine habits for 1 to 2 weeks before starting a toileting routine from different environments (sheet provided)
- How long can your child stay dry? Think about a time scheduled training
- If constipation is an issue, resolve this before starting (fiber!)
- Follow a routine in the bathroom, use visuals if necessary to start and look to fade out quickly
- Avoid activities your child loves during possible transitions to the bathroom
- Do use activities your child loves as a reward after the bathroom routine or success on the toilet (First –then)
- Develop a routine for starting to introducing sitting on toilet, ex when first wake in the morning

My goal(s) for next two weeks is (are)
