

Tips for Toilet Training

Our Best Solutions for Toilet Training Kids - Sooner and Easier.

The Early Choices® System

FACT: One hundred years ago, a three-year-old in diapers was almost unheard of. A two-year-old in diapers was also not very common. Today we have 4 and 5 year olds in diapers, and diapers that are made to look like fabric and underwear to hide the fact they are diapers.

What changed? Diapers got very comfortable, and parents got programmed to delay starting the toilet training process and using mountains of diapers instead.

OPINION: We believe that children can and should be toilet training sooner, but **not** by putting pressure on the child. Use the **right tools** and **newest methods**, which together we call the *Early Choices® System*.

There are **many approaches** to toilet training a toddler, but we find that roughly five basic principles or **assumptions** generally apply in most situations. We will outline each assumption, and then provide a cohesive **plan** based on these assumptions. The **first assumption** is that most parents are at least mildly **anxious** about teaching their child to be toilet trained. They want this learning experience to go smoothly for their child, and not be a source of anxiety and insecurity. While it is not particularly reassuring, this really is a normal emotional concern. Try to 'relax and be patient' is the best advice we can give. Really. Children are barometers for our emotional state even at this young age; they know when they are being 'sold' something, and can sense our anxiety a mile away. We will suggest a number of tips for you to try, to help make this a 'fun' experience for both you and your child. It is possible to be

pro-active in this process without pressuring or transferring anxiety to your child.

The **second assumption** is that your toddler **wears diapers** and has done so for some time already. This has become a trusted and expected method for them to have elimination movements. Children will tolerate diapers in varying degrees, some wholeheartedly and others with great reluctance. The reluctant ones often want to get out of diapers as soon as possible, and alternately others would be happy to never leave diapers behind. Diapers are **expensive**, have a huge **environmental footprint**, and the goal is to get them out of the diaper stage sooner.

This leads to the **third assumption**, that timing varies with each child, particularly with the amazing comfort afforded by the latest diaper technology. Children are wearing diapers for longer now than in any previous time in history. There is **no right or proper age** to start toilet training, as all children are individuals. We

suggest that by your close observation of their daily behaviours, they will generally **show you** when they are ready to be introduced to the toilet.

It's really quite simple. Children will start to develop a recognition of the calls of nature, and develop a sense of privacy about filling their diapers. They can begin to

squat down when things start to happen, or stand with legs apart, and often start looking for a bit more privacy - behind furniture, a separate room, a closet, and so on. The signs will vary with each child, but the idea is the same. Some toddlers identify these sensations quite quickly



in life, and other take a bit longer. You, as observant parents and caregivers, just have to **look for the signs**. Alternately, if you think your child is taking a bit too long to show interest, and you are hoping to have this taken care of to start pre-school, for example, there are ways to encourage your child to help speed them along. Read on.

The **fourth assumption** is that children **can be encouraged** to achieve goals on their own through positive reinforcement, and reward systems. Children naturally want to succeed on their own, but they can also be encouraged and motivated to try new things. Straight bribery is not a recommended method. However, finding rewards that truly motivate is a key teaching tool for much more than just toilet training. We touch on more of this in our PLAN.



The **fifth assumption** is that children **learn best by example**, by watching mom and dad, or older siblings or playmates. This is a very effective and powerful teaching method. Children also learn very well through role playing and acting out the examples they have been exposed to.

Finally, we suggest that children transition from diapers directly to a **full sized toilet**, and this is where our *Early Choices*[®] adult and baby toilet seat comes into play. It is easy if you have the right equipment and a method. Here are the simple steps to follow which apply the above assumptions into a cohesive plan:

Our PLAN

The Early Choices[®] Method

1. If at all possible, get the *Early Choices*[®] toilet seat and install it **before** your child exhibits the signs recognizing the elimination functions as noted above. This places the

product in your home and gets it in use by other family members. Remember, children learn well by example. This **normalizes** the seat as a regular part of the family bathroom, as opposed to a specialized baby seat that is different in appearance and function from what everyone else in your house uses.

2. Begin **role playing** games with your child about pretending to go to the toilet, while keeping their diapers on. Be gentle, and let them know that when they are ready to be a Big Girl or Big Boy, the *Early Choices*[®] child seat is ready for them to use. Some experts suggest that you get a doll that 'wets', and let the child **pretend** that they are teaching the doll to use the toilet. Be patient and don't overdo it. Let the child take ownership of the child seat - it is their special part of the family seat - let them make it theirs. Put stickers on it as part of a reward system (see below). **Many of our parents start introducing the basics to kids as young as 9 months** by teaching just the basics about sitting and pretending. You are trying to establish a habit.

3. Once your child starts to **recognize** elimination activity, encourage them with practising their recognition skills. Gently talk about it. Let them establish their own patterns of elimination behaviour, and praise their recognition skills, whatever they are. It's a judgement call, but at some point fairly soon in this process, get them to sit on the child seat of the *Early Choices*[®] product, and **let them fill their diapers** there. This is a learning and transition process. The child still has the security of their trusted diaper, but learns to sit on a safe and secure toilet seat designed just for them, just like mom and dad. Encourage your child to set the child seat into position on their own (it is normally clipped into the lid out of the way) – this helps them feel in

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control, and as though they are working toward a goal. Praise all positive results and efforts. They may not be able to eliminate right away while sitting on the seat – that's ok – reinforce the effort that they make. What you are teaching is starting the toilet habit, building confidence and independence, as well as muscle memory. The child eliminating into the toilet is almost a **secondary** result.

4. At this point a reward system can be introduced. All positive behaviour (progress) should be rewarded with high praise, and maybe a treat of some kind, cheering, dancing, etc. Put reward stickers on the child seat of their favorite characters. Let your child hear you describe their progress to friends and other family members. And let them hear about the 'party' that you are planning when your child **recognizes a nature call, gets to the bathroom in time (with your help), and successfully eliminates into the toilet.** This day will come. And when it does - WooHooo. It's Party time. Music, dancing, hats, cake. Make a big deal of it. Children readily recognize parties as a reward for growing up. (We promised a real bed to our children, graduating from the mattress on the floor. It was a really great reward that also made sense.)

Most of the hard work is over at this point. The key is repetition, praise, reward, repeat. Toilet training is a significant **Rite of Passage** for youngsters - one they can be very proud of, and for parents, a happy sigh of relief.

While getting to this stage is a wonderful achievement for both child and parent, it is not the end of the story. Children that can successfully eliminate into a toilet think of themselves as having made a big step towards growing up. This is true, and is further reinforced when we tell them that they are now a Big Boy or Girl.



The **Early Choices® Seat** allows your child to use the family toilet seat with comfort, safety and security as they **transition** into the adult seat. Alternative product choices are of course available, but there are several downsides to consider. Potty seats and temporary baby seats have the **stigma** of being 'baby' products – and the kids understand this very well. Once toilet trained, kids often do not want to use the 'baby' products anymore, but they are not yet grown into an adult sized seat. As they quickly gain **confidence**, children only need minimal supervision on the **Early Choices® Seat**, and there is none of the clean-up involved with each and every use of the potty type seats. Nor is there the insecurity and the safety issues of the unsecured temporary type toilet training or potty seats.

We sincerely wish you the best success in toilet training your child.

Of course we are somewhat biased about promoting our **Early Choices®** adult and baby toilet seat, but we honestly feel it is the **most convenient, safest, durable, easy cleaning and hygienic** toilet seat on the market – and it sets a new benchmark for both toilet training seats and regular toilet seats. Our research into the **Early Choices® System** is based on years of market testing, hundreds of testimonials from happy customers, and the dedication of our own talented designers. The above toilet training plan, the **Early Choices® Method**, however, will work with other products as well, and other life skills besides toilet training.

The Early Choices® Seat is always ready for use, looks and functions like a regular seat, is easy to clean, and comes with a Lifetime Guarantee*. Eventually everyone gets toilet trained – learn on your own terms with a quality product from CONCĒVA™ .

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