

## How to act when your child has an accident:

- ▶ Stay calm.
- ▶ Don't act disappointed.
- ▶ Help your child change from wet clothes to dry clothes. If it is night time, change her pyjamas and change the sheets.
- ▶ Don't punish your child. Some children will start holding in their poops if they feel stressed about using the potty. This can cause constipation.

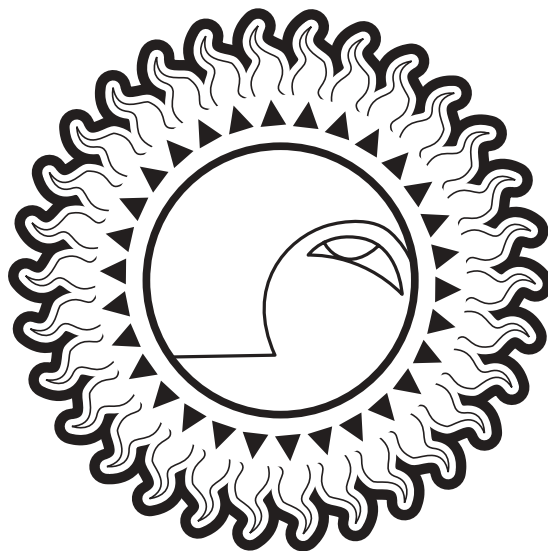
## If accidents happen more often than using the potty:

- ▶ Let her go back to diapers for a few weeks or a few months.
- ▶ Wait for signs that she wants to try the toilet again.

**If toilet training seems difficult, your child is probably not ready.**

Protect your child's mattress from bed-wetting with extra blankets or a plastic cover until she is past bedwetting.

The birth of a new baby, moving houses or problems in the family can all slow down toilet training for your child.



### The elders speak:

...fats from animals and birds were used on newborn babies. You applied them by rubbing the fats on the baby. It even worked if the baby had hard stools. Just by rubbing fat on the baby the stools became softer. (J.P)



# Toilet training

CH-43

Version française disponible

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# How to know when to toilet train

▶ A newborn baby does not know when she is peeing or pooping.

▶ A small baby will not know when they are going to pee or poop, but they know afterward that they are uncomfortable in their wet or dirty diaper.

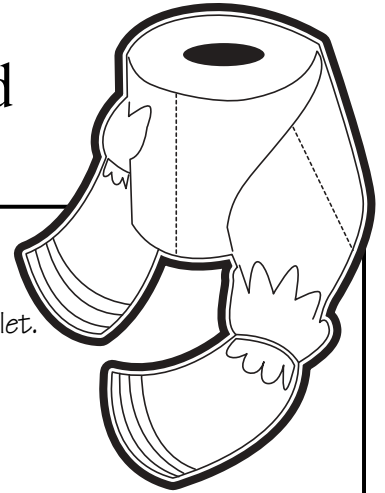
▶ An older baby will realize they need to pee or poop when it is coming out.

▶ At around 18 months to 3 years old, a child will notice they have to pee or poop **before** it comes out. **You must wait for this stage before it is useful to start toilet training.**

▶ Most children are toilet-trained between ages 2 and 5. But some children will take until 7 years old to be completely toilet-trained, day and night. Some children will take even longer to be dry at night, especially boys.

▶ Most children are toilet-trained during the day 6 months before they are able to stay dry during the night.

# Tips to help your child toilet train:



1. Get a small potty seat for your child and put it next to the adult toilet. Let him decorate it with stickers or write his name on it.
2. Make sure his feet reach the floor (or use a small bench).
3. Teach him the names for potty, pee, poop and toilet.
4. Let him see you or older children using the toilet.
5. Teach him to take down his own underpants.
6. Your child will copy you when he is ready. Reminding him too much or making him sit on the toilet until the pee comes won't help.
7. Reward him for staying dry. For example, put a sticker on the calendar for each day he stays dry.
8. Expect some accidents.

