

Kids Set The Pace

Every child trains at his/her own pace. While the exact time frame is different for everyone, the research defines three basic stages of potty training all kids go through:

1. Readiness This is the time to start teaching potty training basics, checking for interest and creating it with potty training books or videos. This is the perfect time to take your child on a shopping trip for potty training tools. (Average age: 24-27 months)

2. Routine Building Once your child shows two or more signs of readiness, begin coaching your child with familiar potty routines. Moving your child out of diapers is an important step in this stage. (Average age: 27-30 months)

3. Completion Encourage independence by teaching skills such as wiping and hand washing. At this stage, your child begins to remember to go potty on his/her own. (Average age: 30-36 months)

Learning Materials

Potty training books and videos are a great way to introduce your child to potty training and help him/her stay interested. Some favorites include Bye, Bye Diapers, I Can Go Potty, I Have to Go!, I'm a Potty Champion! and Once Upon a Potty.

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Our mission is to promote family involvement by providing information on topics of interest in early childhood education to the parent as the child's first and most important teacher.

Toilet Training



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What's "normal" when it comes to potty training? Should it take a month? A year? What age should it start?—and finish? By following hundreds of potty trainers through the process, the Medical College of Wisconsin (MCW) went straight to the source in an unprecedented study that revealed some long-awaited answers and a whole new approach to toilet training.

Key Findings

- Every child progresses at his/her own pace.
- Potty training takes an average of eight months.
- The average age for completion is 34 months for girls and 37.5 months for boys.
- The typical age for the start of potty training is 24 months.
- Switching back into diapers after you have moved to training pants may actually slow potty training progress.
- When it comes to success, things like temperament, development, use of daycare, previous toilet training experience or having an older sibling around actually have no impact on progress.

Tips For Moms, Dads & Other Caregivers

- Make the big switch from diapers to disposable training pants, cloth training pants or underwear
- Praise for progress
- Remind to use the potty
- Be consistent
- Offer rewards



Techniques That Are Not Effective

- Use of force, such as spanking
- Making your child sit on the potty for long periods of time
- Running water while seated on the toilet or potty

Is Your Child Ready?

The typical age to begin potty training is around 24 months. Around this age, a child may start to exhibit the signs of readiness. If your child displays two or more of these signs, he/she may be ready to start potty training.

- Stays dry for at least two hours during the day and is dry after naps, which indicates that she's able to remain dry for an extended period of time.
- Follows simple instructions, such as a request to sit down or remove his clothing.
- Shows an interest in wearing underwear.
- Walks to and from the bathroom, sits still on his own for at least a few minutes.
- Shows obvious signs of discomfort when the diaper is soiled.
- Has predictable bowel movements on a regular basis.
- Expresses an interest in using the toilet or potty seat.
- Indicates through facial expression, posture, or language that she's ready to use the toilet.
- Asks to wear grown-up underwear.
- Diapers stay dry more and more often overnight.
- Begins to notice the potty and wants to sit on the toilet.
- Expresses displeasure with a wet or dirty diaper, or may not want to wear a diaper anymore.