

THE BASICS OF TOILET TRAINING

A practical guide for parents





First: Every Child Is Different

Some children are ready at 2. Others closer to 3 or beyond. Toilet training isn't a race. Focus on readiness rather than age.

SIGNS YOUR CHILD MAY BE READY



- ✓ Stays dry for longer periods
- ✓ Tells you when they're wet or dirty
- ✓ Hides to poop
- ✓ Shows interest in the toilet
- ✓ Can pull pants up and down
- ✓ Follows simple instructions

The more signs you see, the smoother training tends to be.



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START SMALL

Before expecting them to use the toilet independently:

- Let them sit on the potty fully clothed
- Read books about using the potty
- Explain what the toilet is for
- Normalize bathroom conversations

Familiarity reduces fear.



Celebrate Effort, Not Results

Try:

- "You told me you needed to go!"
- "You sat on the potty today!"

Avoid pressure around accidents.
Accidents are part of learning.

Expect Setbacks

Travel, Illness, Starting school.
All can cause temporary regressions.

This doesn't mean you've failed.
Stay calm and consistent.

THE GOAL

The goal isn't a child who never has accidents.
The goal is helping your child learn to recognize their body's signals and respond to them independently.



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RESOURCES FOR PARENTS



- **American Academy of Pediatrics (HealthyChildren)** – Excellent evidence-based guidance for readiness signs and training approaches.
- **Mayo Clinic** – Clear, practical advice for starting and handling setbacks.
- **Raising Children Network** – One of the most parent-friendly resources online with realistic expectations.
- **ERIC (The Children's Bowel & Bladder Charity)** – Fantastic information on potty training, constipation, accidents, and nighttime dryness.
- **Oh Crap! Potty Training (Jamie Glowacki)** – Popular parent resource with a structured approach. Worth reading, but remember that every child develops differently.



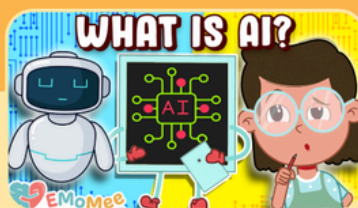
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About Emomee:

EMoMee on YouTube



Emomee blends cartoons to turn everyday moments into meaningful learning for young children. Through bite-sized animated episodes our characters- E, Mo & Mee - guide kids through big questions like “Who invented toothbrushes?” and “What if we never wash our hair?”, while also helping them build everyday habits like brushing teeth, sharing, and tidying up. With storytelling that’s both fun and emotionally rich, Emomee makes growing up feel like an adventure.



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