



Junior Kindergarten

# Toileting Information for Parents

Government of  
Northwest Territories



As with all aspects of child development, toilet training with every child is different. Some children are ready as young as 18 months, but most start between 2 and 4 years of age. It usually takes 3-6 months to learn to use the toilet and to stay dry and not soiled during the day. It usually takes 6-12 months to make it through the night without accidents. The Canadian Paediatric Society suggests that you talk to your doctor if your child is not using the toilet by their fourth birthday, or if they were using the toilet for a good amount of time and seems to be slipping back.

All children turning 4 years old on or before December 31 will be eligible to enter Junior Kindergarten (JK). If your child is not toilet trained when they enter school, let your child's teacher know about your experiences, challenges, your plans for toilet training, and ask how the school can support the process. It's important that everyone is working together.

Accidents are a normal part of early childhood and development; especially when a child does not want to interrupt play or come in from outside to use the washroom. Accidents may be more frequent during times of change and stress, such as starting a new school or daily routine.

## Tips for Parents

- Develop a routine for when your child visits the washroom, and encourage them to sit on the toilet.
- Stay positive and be patient. Keeping the washroom as a positive experience will help lessen anxiety and reluctance to go.
- Show your child how to wipe properly.
- Teach your child to wash their hands after using the toilet.
- Expect accidents from your child, and react without punishing, shaming, or anger. It is a normal part of the learning process.
- Ensure that your child is dressed for school in clothing that helps them manage toileting routines independently.
- Encourage your child to dress or change their own clothing as much as possible.
- Signs your child may be ready to toilet-train:
  - » Can stay dry for 2 hours or more
  - » Follows simple directions
  - » Can recognize the need to go to the washroom
  - » Uses words or gestures to express a need to go to the washroom
  - » Sits on the toilet/potty voluntarily
  - » Can pull own pants up and down
  - » Wants to be alone or hides when soiling diaper
- Visit your family doctor if your child:
  - » is not toilet-trained by their fourth birthday;
  - » was using the toilet for a while and seems to be slipping back;
  - » is holding onto body waste;
  - » experiences pain when using the toilet; or
  - » develops a rash.
- Sometimes frequent accidents, especially at the age of 4 or older, may be a physical sign of something that needs treatment from a doctor.



## More Information

### *Canadian Paediatric Society*

<http://www.cps.ca/documents/position/toilet-learning>

[http://www.caringforkids.cps.ca/handouts/toilet\\_learning](http://www.caringforkids.cps.ca/handouts/toilet_learning)

### *The Hospital for Sick Children (About Kids Health)*

<http://www.aboutkidshealth.ca/En/HealthAZ/HealthandWellness/Elimination/Pages/Toilettraining.aspx>

### *Mayo Clinic*

<http://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/potty-training/art-20045230?pg=2>

### *Hamilton-Wentworth Catholic Schools*

#### *(Kindergarten Orientation FAQs - Suggestions)*

<https://www.hwcdsb.ca/learn/kindergarten/?fileID=203668>

### *Zero to Three*

<https://www.zerotothree.org/resources/266-potty-training-learning-to-the-use-the-toilet#chapter-201>

### *Books*

A Potty for Me! – Karen Katz

Dinosaur VS. The Potty – Bob Shea

I Use the Potty – Maria van Lieshout

I Want My Potty – Tony Ross

Potty – Leslie Patricelli

Potty Time – David Bedford

TIME to PEE! – Mo Willems

Who's in the Loo? – Jeanne Willis



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