

USING MONTESSORI PRINCIPLES FOR TOILETING



“FOLLOW THE CHILD”

It is a natural a process which grows out of the child's interest, desire for independence and self-respect, and gradually evolving neurological development. Toileting develops at the child's pace.

WHAT THE ADULT NEEDS TO KNOW



- When and how to help your child learn to use the toilet depends on how ready your child is, as well as your own beliefs and values, and cultures about toilet learning.
- Parents support the child, but not become emotionally involved.
- Recognize that your child is in control of their body.
- Accidents will happen and look at these as a learning experience.
- There is no reward system.

WHAT THE ADULT NEEDS TO KNOW



Toilet learning is linked to a child's self esteem.

WHAT THE CHILD NEEDS TO KNOW



- How to dress/undress themselves.
- What a toilet is for.
- Learn their body signals for when they need to use the toilet.

LANGUAGE DURING TOILETING

- Answer your child's curiosity by talking about their body.
- Use appropriate vocabulary for parts of his/her body, urine and bowel movement.
- Be consistent and have patience.

SIGNS OF READINESS CHILD LED

Physical Awareness:

Child can stay dry for long periods of time or overnight.

Child knows the feelings that signal their needs to use the toilet.

Child signals you to change their diaper.

12-18 months is around the time children develop control over their bowel and bladder.

SIGNS OF READINESS CHILD LED

Emotional Awareness:

Child seeks privacy when going in their diaper.

Child shows curiosity at other people's toilet habits.

Child has decided they want to use the toilet

HOW TO HELP DURING THE PROCESS OF TOILETING

- Use awareness techniques to describe what a child is doing: “I notice you are having/had a bowel movement.” Refrain from asking: “Do you want to use the toilet?” instead: “It is time to use the toilet.”
- Change diapers standing up and offer the toilet during each diaper change. Child is part of the process. Getting diaper, pulling pants up/down.
- Integration of toileting in the child’s everyday routines helps to support the child as they begin to transition to toilet use.

ROUTINES



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INDEPENDENCE IN THE HOME

Creating a bathroom that promotes independence, self-care, and is child-friendly.



PULL UPS OR DIAPERS

The difference is in the design. Pull ups have an elastic waistband and leg bands, making it easier for older infants and toddlers to pull up and down like regular underwear.



Tips to Help Create A Bathroom in the Home that promotes independence:

- 1.Child-Sized Fixtures:** Make the bathroom accessible to children by incorporating child-sized fixtures. Install a low sink or a step stool to help children reach the sink comfortably. Place a step stool or a small bench near the toilet for easy access.
- 2.Child-Friendly Toilet Training:** If you have a toddler who is in the process of toilet training, consider using a child-sized toilet seat insert. This helps them feel more secure and independent during the transition.
- 3.Low Hooks and Towel Bars:** Install low hooks or towel bars within reach of your child. This allows them to hang and retrieve their towels and clothing independently.
- 4.Non-Slip Mats:** Place non-slip mats on the bathroom floor to ensure safety and prevent slips and falls. Look for mats with natural materials like rubber or bamboo.
- 5.Accessible Storage:** Provide accessible storage solutions for your child's toiletries, such as toothbrushes, toothpaste, and soap. Use low shelves or baskets that they can reach easily. This encourages independence and responsibility for their personal care.
- 6.Child-Accessible Mirrors:** Hang a low-level mirror or provide a handheld mirror for your child to see themselves while washing their face or brushing their teeth. This helps them develop self-awareness and promotes personal care skills.
- 7.Safety Precautions:** Ensure that the bathroom is childproofed and free from potential hazards. Secure cabinets and drawers with childproof locks, keep cleaning supplies out of reach, and cover electrical outlets if necessary.

INDEPENDENCE



Clothing



MONTESSORI APPROACH

“Learning to use the toilet is a natural process that begins when your child’s desire to be grown up and his neurological development have reached the point where he can control his bladder and bowels. We don’t train children to use the toilet, we support them when they are ready.” Tim Seldin

PARTNERSHIPS WITH FAMILIES