

## I Learn to Go Potty All By Myself!: 16-36 Months

### When your child is able to go to the toilet, she is:

- Gaining skills for independence
- Learning she has control of her body
- Learning to be proud of her accomplishments

### Ideas to try with your child:

- Most children are ready to start potty training by 20 -27 months old. Your child may show these signs of readiness:
  - He can understand and follow simple directions
  - He is showing signs that he “needs to go”
  - He stays dry most nights and/or 2 hours or longer in the daytime
  - He complains about a wet or dirty diaper
  - He is interested in the potty chair or toilet, or wearing underwear.

### If your child is struggling:

If your child resists or refuses training, take a break and try again in a month. He may not be ready yet.

### Going further:

- Some stories for children: [Daniel Goes to the Potty](#) by Jason Fruchter,
- Check out these videos from your local library; “Daniel Tiger’s Neighborhood: Life’s Little Lessons”
- More information for parents can be found online here:  
[http://kidshealth.org/parent/emotions/behavior/toilet\\_teaching.html#](http://kidshealth.org/parent/emotions/behavior/toilet_teaching.html#)

The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children’s best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children ages 16-36 months** that parents can help improve at home.



Adapted from *WA State Early Learning and Development Guidelines, 2012*: “Show interest in toilet training. Use the toilet by about age 3, with help.” *Growing Up Healthy, Ages 16-36 months*, pg. 47