

WHEN IS MY TODDLER READY

The sequence of readiness typically follows this order:

1. Nighttime bowel control
2. Daytime bowel control
3. Daytime bladder control
4. Nighttime bladder control

Physical signs for daytime bowel control may include:

- Regularity in bowel movements
- Pausing in play when having a movement
- Making sounds and grimaces
- Getting red in face or even crying when defecating

Signs of readiness for bladder control may be:

- A dry diaper for an hour or two or even longer during the daytime and an occasional dry diaper after a nap
- This means the bladder is maturing in size and the child is capable of holding urine for longer periods of time.

Accompanying these physical signs are signals your child's awareness is developing:

- Children may ask to be changed
- Some may cry and complain
- Some may announce "poopy" and point to their diaper
- Some will anticipate the action and tell you that he or she has to have a bowel movement and the **does**

Other signs of readiness that occur between 2-3 are emotional and maturational:

- Toddlers develop an interest in cleanliness and neatness
- Toddlers increase in self-awareness, especially her own sense that they are growing up

It is very important to know that every child is unique and that the physical, mental and emotional readiness develops gradually and may not be present at the same time.