

Toilet Learning Resources

Children's Books

***Even Firefighters Go to the Potty: A Potty Training Lift-the-Flap Story* by Wendy Wax**

This lift-the-flap book has multicultural cartoon drawings and whimsically reinforces the concept that everyone has to take time to use the potty, even firefighters, police, train engineers, etc.

***Everyone Poops* by Taro Gomi**

The title says it all! This amusing book depicts a variety of animals and their poop. The book also gives a brief introduction to the differences in human toileting habits from infancy to adulthood.

***Going To the Potty* by Fred Rogers**

In his calm, reassuring manner and simple words, Mr. Rogers discusses learning to use the toilet in a way a young child can understand. He addresses the sensations that a child may experience or that sometimes the sound of a toilet flushing is noisy, as well as what a child may feel emotionally. The photos depict multicultural families.

***Toilet Tales* by Andrea Wayne Konigslow**

Through humorous descriptions, the author explains why animals can't use the toilet (a goat would eat the toilet paper or an elephant would smash the toilet), but children can.

***You Can Go to the Potty* by Dr. William Sears, Martha Sears, Christie Watts Kelly and Renee Andriani**

This positive, encouraging book is written for children but includes helpful tips for adults in the beginning and subtext throughout. The book addresses the differences between boys and girls and views the subject as potty "learning," rather than "training."

Parents' Books

***American Academy of Pediatrics Guide to Toilet Training* by Mark L. Wolraich**

The American Academy of Pediatrics Guide to Toilet Training is acclaimed as a helpful resource to cover the basics of supporting your child through this milestone.

***Parents' Book of Toilet Teaching* by Joanna Cole**

This guide gives adults practical and straightforward information regarding how to: know when a child is developmentally ready to learn to use the toilet, know words to encourage them, and learn how to support a child in achieving this developmental milestone.

***Stress-Free Potty Training: A Commonsense Guide to Finding the Right Approach for Your Child* by Peter Stayinoha**

The author talks about learning to use the bathroom as a rite of passage. He differentiates common personality types of children and provides techniques to suit children who might be fearful, sensory-oriented, goal-oriented, strong-willed, etc. This book helps relieve parental anxiety because it explains that all children are different—but being different simply necessitates different techniques.

***The No-Cry Potty Training Solution* by Elizabeth Pantley**

In *The No-Cry Potty Training Solution*, the author discusses how to determine the right time to start helping your child learn to use the toilet, motivate a child who is reluctant, and create a simple plan that fits your family. Unique to this book is a bathroom safety checklist that includes strategies to child proof your bathroom.

Websites

ZERO TO THREE is a national, nonprofit organization that shares information, research and trainings that support professionals, policymakers, and parents in their efforts to improve the lives of infants and toddlers.

- **ZERO TO THREE** general web address: <http://zerotothree.org/>
- **ZERO TO THREE** information about toilet learning:
<https://www.zerotothree.org/resources/1442-all-about-learning-to-use-the-toilet>

Ask Dr. Sears is a comprehensive website on which noted pediatrician, Dr. William Sears and his wife, Martha, a registered nurse, relay information and discuss child development and parenting matters based on both their professional training and their experiences raising eight children.

- **Dr. Sears** general web address: <http://www.askdrsears.com/>
- **Dr. Sears** information about toilet training:
<http://www.askdrsears.com/html/10/T106600.asp>

Familydoctor.org is a comprehensive website sponsored by American Academy of Family Physicians that addresses health information for the whole family

- General web address: <http://familydoctor.org/online/famdocen/home.html>
- Toilet learning information:
<http://familydoctor.org/online/famdocen/home/children/parents/toilet/179.html>