

National
Organization of
Mothers
Of
Twins
Clubs, Inc.

SUBJECT:

POTTY TRAINING SURVEY

RESEARCHER:

National Organization of Mothers of Twins Clubs, Inc.

DATE:

1986-1989

PURPOSE: The purpose of this survey was to gather statistics and helpful hints about toilet training multiples.

METHOD: This study was conducted through NOMOTC. A 20-item questionnaire was distributed to member clubs. The sample size consisted of 474 completed surveys. Of this group 18% were identical female, 16% were identical male, 22% were boy/girl, 18% were fraternal female, 15% were fraternal male, 2% were unknown female, 3% were unknown male and 2.7% were triplets.

BACKGROUND INFORMATION:

I. This survey was divided into four sections:

A. **MOTHER'S ROLE:**

1. First attempts at potty training were done equally at 18-24 months and 25-30 months
2. The first attempt was successful for Twin A 46% of the time and Twin B 38% of the time
3. Over 50% of the mothers were given no advice on what age to begin training from either their doctor, mother or mother-in-law
 - a. Less than 25% were advised by their doctor to start at 25-30 months
 - b. Less than 25% were advised by their mother/mother-in-law to start at 18-24 months
4. Very few respondents felt pressured to start training
5. Very few felt "bad" because they had not started or succeeded
6. 58% indicated that the husbands had taken an active role

B. **PRACTICAL INFORMATION:**

1. Equipment: 58% used two potty chairs; 26% used one potty chair
 - 69% used both toilet and potty chair
 - 13% used toilet only
2. Clothes: Majority of twins averaged 5-10 pairs of training pants a day.
 - 60% did not have twins remove their shoes
 - 65% did not remove clothing.
3. Time: Summer and spring were the most popular times of the year

C. **METHOD:**

1. 85% used verbal praise
2. 44% used a reward system (candy, money or stickers)

D. TRAINING:

1. The majority of multiples had day, night, nap and bowel movement training during 25-30 months. This was followed by 31-36 months
2. Twin A and B were very close in attaining toilet training skills in almost all groups

II. COMPARISONS:

A. Identical Female with Identical Male:

1. Majority were trained at 25-30 months
2. More girls were trained at 25-30 months than the boys (trained at 37-42 months)
3. Both types of identical twins were close in training times

B. Fraternal Female with Fraternal Male:

1. Girls trained earlier in all categories than the boys
2. Boys trained at 31-36 months

C. Boy/Girl Twins:

1. Day and bm trained at 25-30 months
2. Naps and night trained at 31-36 months

D. All Identicals to all Fraternal:

1. In all categories, identicals were trained on the average at 25-30 months
2. Fraternal differed from category to category
 - a. More were day/bm trained at 25-30 months
 - b. Nap/night training was evenly divided between 25-30 months and 31-36 months
 - c. Fraternal males were consistently later in all categories

E. Girls compared to Boys (excluding B/G pairs):

1. Girls were consistently trained earlier in all categories
2. Identical males trained earlier than all other males

CONCLUSION:

1. Twins A and B were trained at fairly close times, especially identicals.
2. Identical males were trained earlier than fraternal males who trained the latest.
3. Girls were often trained at 25-30 months.
4. In general, girls were trained before boys.
5. Parents can expect day training will occur earlier than nap, night or bm training.

The accompanying article for this RESEARCH REPORT can be found in the 1990 Fall Issue of *MOTC's Notebook*.