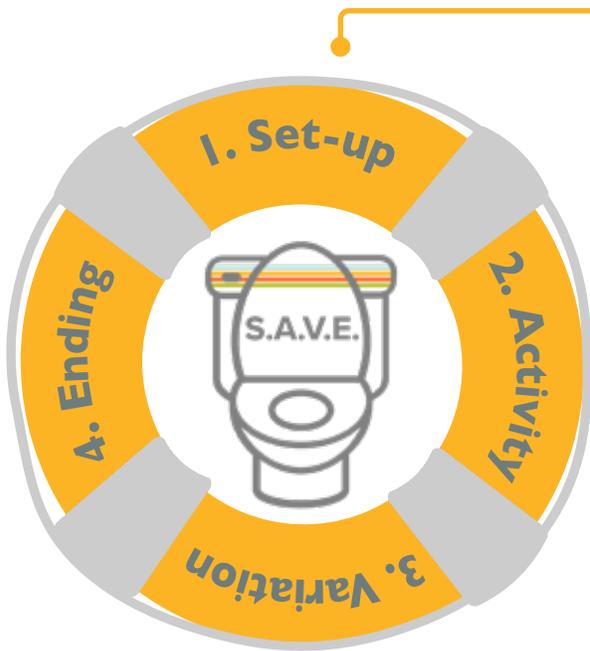


Toilet Training Readiness

Toilet training success depends more on your child's readiness and willingness more than their age. This potty training checklist will help you determine if your little one seems ready to tackle the milestone.



Developmental Readiness

DOES YOUR CHILD:

- Stay dry for at least a 2-hour period?
- Recognize the need to go before it happens (head to a private room to pee or poop, point or touch their diaper, etc.)?
- Feel uncomfortable in a soiled diaper and ask to be changed?
- Follow simple instructions?
- Pull up and down pants and underwear?
- Sit and engage in an activity for several minutes?
- Walk and run well?

Willingness and Motivation

DOES YOUR CHILD:

- Show an interest and desire to learn to use the potty?
- Have an awareness of toileting behaviors of others?
- Understand and use words about using the potty?
- Have a desire for independence and self-mastery (say things like, "I can do it myself")?
- Want to do things to make parents happy or get praise?

Tips to prepare your child for potty training:

- Get a potty chair your child can practice sitting on. At first, your child can sit on it wearing clothes or a diaper.
- Read books about the potty.
- Take your child with you to the bathroom.
- Use words to express the act of using the toilet (pee, poop, and potty).
- Ask your child to let you know when a diaper is wet or soiled.
- Identify behaviors "Are you pooping?" so that your child can learn to recognize the urge to pee and poop.
- Discuss bodily functions. Talk about how pee comes out in front and poop from the back.
- Empty a poop-filled diaper into the toilet to show your child where poop goes.
- Make sure all caregivers follow the same routine and use the same words.
- Praise all attempts to use the toilet, even if nothing happens.