



Toilet (Potty) Training Checklist

Prepared by the Health Consultant Team at Child Care Aware® of North Dakota

Is your child ready to be Potty Trained? Check those that apply to your child.

- Follows simple directions
- Remains dry for at least 2 hours at a time during the day
- Dry after nap time
- Regular and predictable bowel movements
(some may have bowel movements every day and some may have them less frequently)
- Walks to and from the bathroom, pulls down own pants and pulls them up again
- Seems uncomfortable with soiled or wet diapers
- Seems interested in the toilet
- Has asked to wear grown-up underwear

If the child has most of the skills marked, you can assume the child is ready to start potty training. Potty training may best be accomplished by starting at home first and then at child care.

If the child does not have most of the skills marked then wait a few weeks or months and refer to the checklist again. Toilet training is much easier if the child is truly ready to master this skill.

Strive to be consistent in the potty training process at home and at child care.

Please share some information about your child's and family's preferences in this process:

1. What words or gestures does your family use for:

Body parts? _____

Urine? _____

Bowel movements? _____

2. What strategies have been tried at home? (Example: reading books, aiming at Cheerios, trying on big kid underwear, sitting on potty,)

3. Does your child have a special need or circumstance that needs to be taken into consideration?

Helpful Hints for Potty Training Your Child

- A calm, easy going approach works best.
- Toilet training involves many steps (discussing, undressing, going, wiping, dressing, flushing, hand washing) reinforce the child's success at each step.
- Help children recognize when they are urinating or have a bowel movement. They must be aware of what they are doing before they can do anything about it.
- Children should be shown how to use the toilet by watching other children who are trained or discussing each step and practicing each step without actually using the toilet. (Example: have child sit on toilet dressed, flushing toilet).
- Included toilet training into the daily routine such as reading books, songs and games that reinforce the skills needed to toilet train.
- Dress children in easy to remove clothing to help children be successful in undressing and dressing.
- When a child is giving the signs of having to use the toilet or tells you they have to use the toilet, take the child in and help undress them and on to the toilet. Sit by the child for a few minutes. Try not to push for immediate results. After a few minutes, help the child with the rest of the routine and give praise for the effort or any successes they had.
- Try to encourage going to the potty after meals or snacks. This is time they may actually need to go.
- Never force a child to sit on the toilet against their will or for long periods of time if they do not want to. This could set up a power struggle and negative feeling toward the toilet training.
- Never punish for accidents. Occasional accidents are normal. Clean and change the child immediately. Be positive and reassuring that they will be successful. Punishment does not make the process go faster and may delay it.

Potty Training is a big skill to learn. Be patient. Let the child decide when he/she is ready. If you do, the child will most likely be trained in a very short period of time. However, nighttime dryness may take an additional six months to a year. Set backs are common and should be expected. This does not necessarily mean failure. The child may be taking a temporary step back to a more comfortable place, which helps support later progress.

Additional information can be found at www.nncc.org/guidance/toilet.train.html