

# Potty Training Readiness Checklist

## **Verbal Stages of Readiness**

Basic verbal skills. The child is able to speak in three to four-word sentences.

1. The child tells you they have a wet diaper, recognizes when they are wet.
2. The child tells you they are wetting, recognizes the sensation of being wet.
3. The child tells you they are wet, can control themselves and uses the potty.

## **Physical and Psychological signs of readiness**

1. Stays dry for a long period of time (the child is able to “hold” their urine and bowel movement).
2. Can recognize when diaper is wet or soiled.
3. Has bowel movement at regular times (child chooses when to move their bowels).
4. Adult can recognize when child is moving their bowels.
5. Can undress and pull up his/her own pants (Important because this is the work of the child not the caregiver).
6. Initiates interest in using the potty and asks to wear underwear.
7. Wants to be independent which is very important for the learning process.
8. Child is emotionally ready and is open to learning.
9. Child has an awareness and knowledge of the world beyond themselves. (This sign may seem unrelated to potty training, but it is a behavior that has been seen in children ready to use the potty).
10. Can follow three and four step instructions. (This is critical for learning to urinate or move bowels, wipe themselves, and wash hands).
11. Child can sit still for 10-15 minutes.
12. Can use consistent words or gesture to communicate and has the correct words to use for urination and bowel movement. (Let teacher know the words you are using).
13. Is able to physically get to the potty and sit on it without help.
14. Must show a willingness to want to sit on the potty and understand its function.

## **Transitions may not be the best time to start potty training**

1. Moving to a new bed
2. Giving up the bottle/pacifier, etc.
3. New sibling
4. New home/move
5. Starting school
6. Separation from a parent
7. Changes in the family