

Potty training

Signs of readiness

These are **SOME** of the things to consider when you want to start potty training your child. Your child doesn't need to show **ALL** the signs of readiness to train successfully, but it will be a smoother process if they have reached some of these milestones before potty training.



When NOT to start potty training

Do not start potty training if your child is constipated. The harder the poo is to get out, the bigger the risk is for pain with pooing.

It can take just 1 painful poo to interfere with potty training.

Do not start training when there are other **BIG** routine changes happening (like the arrival of a new sibling, change of school etc.)

Do not train unless the family / all caregivers are on board with how you want to do your training and have discussed what methods you will use

Body readiness

They can sit down and get up on their own

No poos overnight in their nappy

They have periods of having dry nappies or wake up from a nap dry

They can assist with pulling down/up their pants

Showing some awareness of when they are doing pees / poos (grab the crotch / hide away)



Emotional readiness

Waiting to have access to a toy

Interest / interaction with the potty / toilet

They enjoy receiving your approval for something they do independently

No fear of the potty / toilet

Imitation behaviour



Cognitive readiness

They explore the bathroom space or ask to know what happens when people go in there

Asking to be changed when they have soiled themselves / are wet

Asking you to fulfil other body signals like responding to hunger

Play that requires planning (fitting pieces together)



Does your child show / do the following?

	Yes	No
My child can walk	<input type="checkbox"/>	<input type="checkbox"/>
My child can sit down and get up by themselves	<input type="checkbox"/>	<input type="checkbox"/>
My child can help to pull down + up their pants	<input type="checkbox"/>	<input type="checkbox"/>
My child has a dry nappy at least some times for an hour to 90 minutes	<input type="checkbox"/>	<input type="checkbox"/>
My child is not doing poos in their nappy overnight	<input type="checkbox"/>	<input type="checkbox"/>
My child shows some signs / says when they are wet / soiled	<input type="checkbox"/>	<input type="checkbox"/>
My child is interested in interaction with the toilet / potty	<input type="checkbox"/>	<input type="checkbox"/>
My child can follow 2-3 step instructions	<input type="checkbox"/>	<input type="checkbox"/>
My child is not afraid of the bathroom noises	<input type="checkbox"/>	<input type="checkbox"/>

If you answered MAJORITY YES, your child shows a lot of the signs of readiness, and you can give potty training a go.

If you answered MAJORITY NO or you attempt potty training and your child can't cope well, delay starting potty training for a while and try again.

