**Child’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Toilet (Potty) Training Checklist**

**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 children may have bowel movements every day and some may have them less frequently)

\_\_\_\_\_Willingness to walk to and enter the bathroom

\_\_\_\_\_Pulls down own pants and pulls them up again

\_\_\_\_\_Seems uncomfortable with soiled or wet diapers

\_\_\_\_\_Gives verbal or nonverbal expressions when having a bowel movement or when needing to go to the bathroom

\_\_\_\_\_Seems interested in the toilet or asks to use the toilet

\_\_\_\_\_Is willing to sit on 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 school.

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.

To try to be consistent in the potty training process, please share with us 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 used in potty training?

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What words or gestures does your family use for urine?

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What words or gestures does your family use for bowel movements?

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1. What strategies have been tried at home? (Example: reading books, aiming at Cheerios, trying

on big kid underwear, sitting on the potty)

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

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Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Keep a copy of this signed form for classroom records and give a copy to the parent.***

The following are some helpful hints in potty training your child:

* A calm easygoing 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 by discussing each step and practicing each step without actually using the toilet. (Example: have child sit on toilet dressed, flushing toilet).
* Including 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 them to 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 onto 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 a common time they may actually need to use the bathroom.
* Never force a child to sit on the toilet against their will or for long periods of time if they do not want to use it. This could set up a power struggle and can create a 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 your 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

