

# Potty and Toilet Training: Signs of Readiness Checklist

This checklist shows many of the signs children show when they are ready to move from nappies to pants. Use this checklist to help you decide how ready your child is for potty or toilet training. Remember each child is unique and children will develop muscle tone and readiness at different times.

- My child dislikes the feeling of wearing a wet or dirty nappy and may point out wet or dirty nappies.
- My child finds a place to hide when weeing or pooing in their nappy.
- My child is interested to watch when others use the toilet.
- My child role-plays using the toilet or potty in their play.
- My child does fewer but larger wees.
- My child's nappies are dry for periods of at least two hours at a time, then suddenly filled with a wee.
- My child has regular, well-formed poos at relatively predictable times during the day.
- My child wakes up dry after a nap.
- My child does not poo during the night.
- My child can sit down quietly in one position for two to five minutes.
- My child can pull their own pants, trousers or pyjama bottoms up and down.
- My child knows when they're weeing and can tell me that they're doing it.
- My child wants to be independent.
- My child can follow simple instructions, such as "Go and get your shoes".
- My child is generally cooperative.
- My child has words for wee and poo.
- My child can tell me what they have just done in their nappy.
- My child takes pride in their accomplishments.
- My child can show me with sounds or actions that they need to go, such as fidgeting, going very still or hiding.
- My child understands that things are put where they belong.
- My child is keen to please and enjoys praise.
- My child can sit themselves on the potty, and can stand up when they have finished.
- My child tells me they need to have a wee or a poo before they do it.

