TOILET LEARNING READINESS CHECKLIST

PHYSICAL READINESS

Daytime Bowel Readiness

My Child:

1. Has complete nighttime bowel control __________________________
2. Is able to control his anal sphincter muscles
   (as observed in his ability to bear down and
   push out BM’s, or to postpone the urge to defecate) _________________
3. Has regular bowel elimination pattern __________________________
4. Has the manual dexterity to take off and on
   his pants and to get on the potty seat ____________________________
5. Can sit on a chair for 5 minutes ________________________________

Daytime Bladder Readiness

My Child:

1. Stays dry at least 2 hours between diaper changes _____________________
2. Is dry after a nap fairly regularly _________________________________
3. Is able to control his sphincter muscles to postpone wetting
   __________________________

COGNITIVE READINESS

My Child:

1. Has shown signs of sensory awareness by:
   - indicating discomfort from soiled or wet diapers _________________
   - recognizing sensations of a full bladder or bowel _________________
   - indicating that he is soiled or wet by pulling on
     his/her diaper or telling you __________________________
   - telling you when he is about to urinate or defecate _________________

2. Has shown signs of language ability and can communicate
   the need to defecate or urinate through words or gestures __________

3. Has shown that he can follow simple directions ____________________

4. Has shown that he knows what is expected of him during
   toilet training __________________________
SOCIAL/EMOTIONAL READINESS

My Child:
1. Is generally cooperative __________________________
2. Likes to please parents __________________________
3. Understand and enjoys praise ______________________
4. Is proud of her own accomplishments ______________
5. Shows a desire to use the potty _____________________
6. Tries to imitate parents or other children who use the toilet __________
   who use the toilet
7. Is interested in cleanliness, order, and putting Things in their proper place ______________
   Things in their proper place
8. Doesn’t resort to wild tantrums when instructed to do something ______________
   to do something

You can hold off training until most signs are evident or you can begin when you see the first signs of readiness. Obviously, the longer you wait, the older your child will be and the more signs of readiness you see, the faster and easier the training period will be. You can improve the cognitive and emotional readiness factors that are also involved in the elimination process.

Adapted from: Toilet Training Without Tears, by Charles E. Schaefer