Is My Child Ready?

Potty readiness checklist + how to use these charts

Signs a child may be ready to start, from the American Academy of Pediatrics (HealthyChildren.org). Most children show signs of bladder and bowel control between 18 and 24 months. A few signs are enough to begin.

- [ ] Stays dry for at least 2 hours, or wakes up dry from a nap
- [ ] Shows signs before peeing or pooping: grunting, freezing or squatting
- [ ] Can follow simple instructions
- [ ] Can walk to the bathroom and help undress
- [ ] Doesn't like wet diapers and wants to be changed
- [ ] Asks to use the toilet or potty chair
- [ ] Asks to wear "big-kid" underwear

How to use the charts

- Page 2: one sticker in a circle for each try on the potty, every day of the week.
- Page 3: a sticker path. Follow it from START to the star, one sticker per success.
- Page 4: no stickers needed. Color in a star for each try.
- Page 5: the potty steps. Tape it at eye level next to the toilet.
- Count tries, not just successes. Sitting on the potty is progress too.
- Pair every sticker with specific praise: "You told me you needed to go!"

When to wait, and when to ask the doctor

- A new baby in the family, a move, or a switch from crib to bed
- Travel, or while your child is sick (especially with diarrhea)
- Accidents are normal. Never punish them: say "That was an accident" and try again.
- Talk to your child's doctor if your child is 4 or older and not yet potty trained.

Sources: HealthyChildren.org (American Academy of Pediatrics), Nemours KidsHealth.

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My Potty Chart

One sticker for every try on the potty

Name: _____ **Started:** _____

Monday	○	○	○	○	○	○
Tuesday	○	○	○	○	○	○
Wednesday	○	○	○	○	○	○
Thursday	○	○	○	○	○	○
Friday	○	○	○	○	○	○
Saturday	○	○	○	○	○	○
Sunday	○	○	○	○	○	○

At the end of the week, count the stickers together: _____ stickers!

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My Sticker Path

One sticker for every potty success. Can you reach the star?

Name: _____ **Started:** _____

START

1 2 3 4 5 6

7 8 9 10 11 12

13 14 15 16 17 18

19 20 21 22 23 24

25 26 27 28 29 30



I did it!

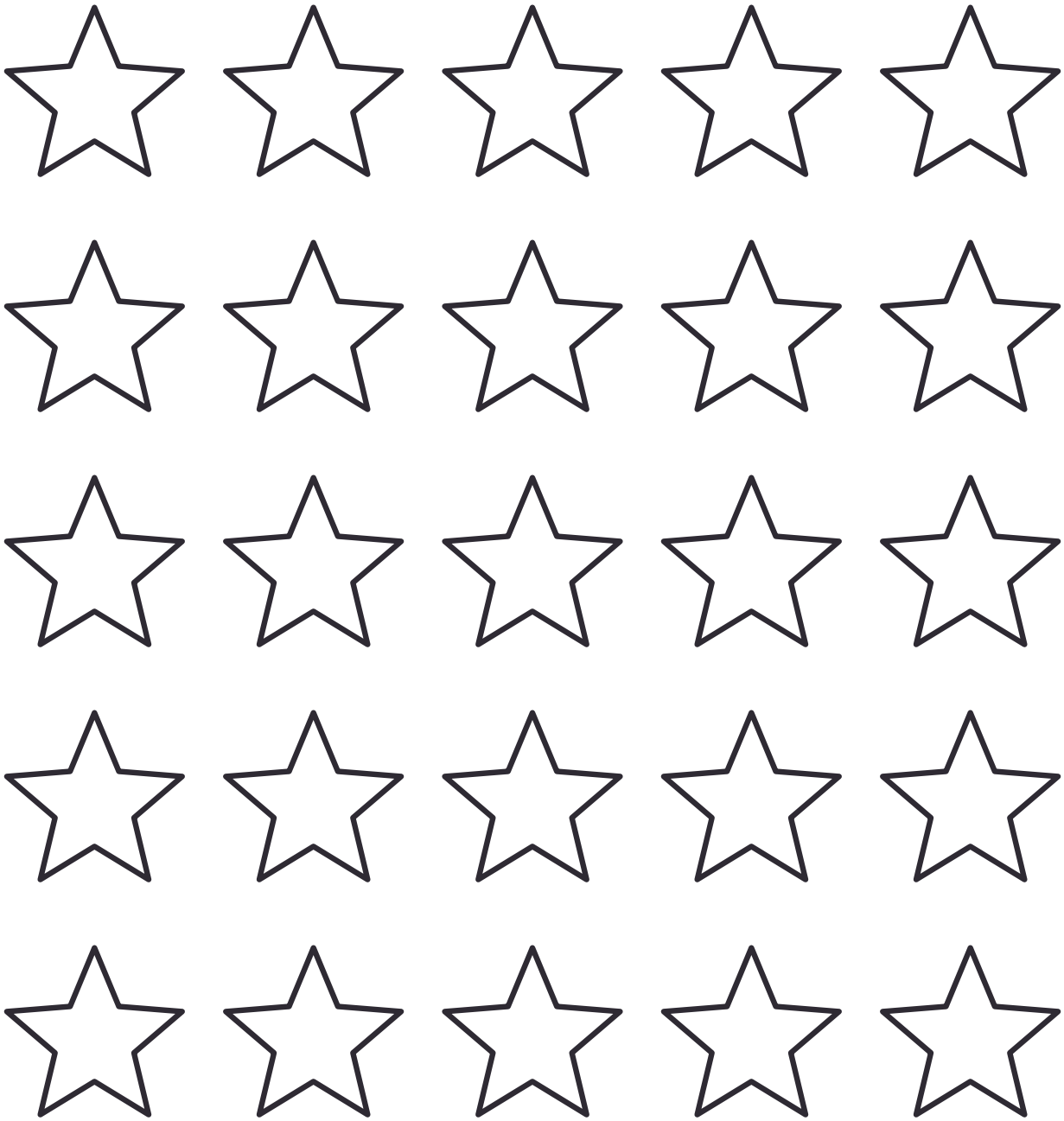
My prize when I reach the star: _____

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Color a Star

No stickers needed: color one star for every try

Name: _____ **Started:** _____



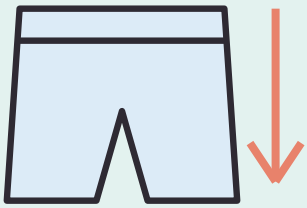
When all 25 stars are colored, we will celebrate by: _____

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Potty Steps

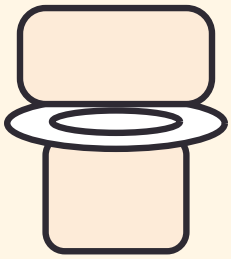
Tape this next to the potty at your child's eye level

1



Pants down

2



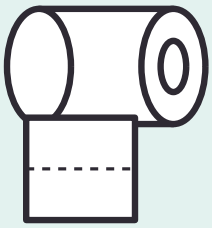
Sit on the potty

3



Pee or poop

4



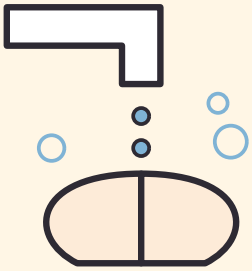
Wipe front to back

5



Flush

6



Wash hands

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