

# **Potty Training Checklist**

#### **Before You Start: Preparation**



Choose the right time (look for signs of readiness)
Get a child-friendly potty or toilet seat adapter
Purchase comfortable training underwear or pull-ups
Stock up on wipes and extra clothes for accidents
Read potty training books with your child
Set a consistent routine and plan
Introduce potty training with excitement and positivity

## Signs Your Child is Ready



Stays dry for at least 2 hours

Shows interest in the bathroom or imitating others

Can follow simple instructions

Expresses discomfort with dirty diapers

Can pull pants up and down with little help

Communicates the need to go (words or gestures)

## **Daily Potty Training Routine**

Start with morning potty time



Encourage sitting on the potty every 1-2 hours

Take your child to the potty after meals and naps

Use praise and positive reinforcement

Track potty success with a reward chart or stickers

Avoid pressuring your child; stay patient and encouraging

#### **Potty Training Essentials**



Potty training books/toys for motivation

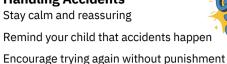
Training-friendly clothing (easy to pull down/up)

Step stool for reaching the toilet and sink

A timer or reminder system

Wet wipes and flushable wipes for easy cleanup

#### **Handling Accidents**



Have a cleanup routine ready

Praise small victories, even after accidents Reward system (stickers, small treats, praise)

### **Encouraging Independence**



Teach proper handwashing after each attempt Encourage your child to flush the toilet Let them choose their potty training rewards Gradually transition to using the regular toilet Celebrate progress and build confidence

## **Tracking Progress**

