



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



- Stay calm and reassuring
- Remind your child that accidents happen
- Encourage trying again without punishment
- 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

- Track daily potty attempts and successes
- Celebrate dry days with a small reward
- Be flexible; adjust strategies as needed
- Stay consistent, even during setbacks

