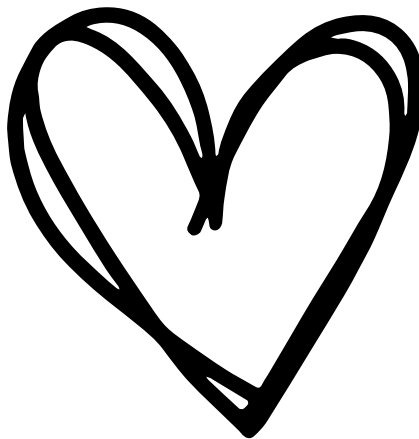
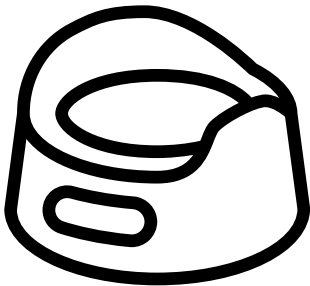


Ready to Potty Train?

Questionnaire

Habit and Skill building with a plan.



by Lara Higgins, BA and
Joanna Piekarski, M.Ed, R. Psych



Are You Ready - common potty training fears and worries



Take time to reflect on some of your own fears around the potty training process. Know that you are not alone! These are the most common from personal experience, past workshops and 1:1 supports we've provided.

Check those you identify with and add some we've missed:

☐

How do I know when my child is ready?

☐

The accidents and the mess!

☐

What if I make a mistake and need to start over?

☐

Where do I start?

☐

I don't know what to expect.

☐

How do I keep my child's daycare or support system on the same potty plan?

☐

What happens at night time or when we go out?

☐

My partner and I won't be on the same page.

☐

Poop accidents will be so messy and unsanitary.

☐

This is going to take forever!

☐

Other:

☐

Other:

Child signs of readiness for potty training



Review and consider signs of readiness your child has reached.

☐

Indicates verbally that they have eliminated in their diaper: “I had a pee” or “I had a poo” or tells the caregiver that they need to use the washroom in advance.

☐

Tries to take off their wet or dirty diaper or complains about it being wet or dirty.

☐

Produces properly formed bowel movements and has bladder and bowel control for at least two hours.

☐

Is interested in completing tasks independently.

☐

Understands and can follow simple instructions.

☐

Can get their pants up and down independently.

☐

Is curious and interested when you go to the toilet.

We recommend taking some time to notice your child's ability in each of these signs. We are frequently asked - *"out of all these, which one is the most important to have before getting started"*? Our answer is always producing properly formed bowel movements and bladder control. You can use our **Elimination Tracker** to assess this important sign of readiness.

Reach out with any questions. We're here to help!