



Building Brighter Futures Together

Toilet Training Readiness Checklist

Different skills are needed to use the toilet. The checklist below can be used to help measure your child's progress towards toileting readiness. Please note that not every question needs to be answered "yes" before you start toilet training.

Body Function Readiness

- The ability to "hold in" a bladder or bowel movement increases with age. Consider working on other skills (ability to sit on the toilet, understand the process, etc. until your child is able to better control bladder and bowel movements.
- Bowel training and bladder training may be considered separately.
- If you are concerned about your child's bladder or bowel control, consult your GP or family doctor.

Question	Yes	No
Child's bowel movements are regular, solid, and well-formed		
Is your child able to stay dry for at least 1-2 hours?		

Muscle Readiness

- The ability to get on and off the toilet, sit independently, manage clothing, etc. can all impact success with toileting.
- Exercises to develop strength, balance, and fine motor skills can be recommended by a rehabilitation professional
- An OT can recommend specific toileting equipment and their set-up to support a child's physical difficulties as needed.

Question	Yes	No
Child is able to sit without support		
Child is able to physically access or get to the bathroom		
Child is able to get onto the toilet with or without equipment		
Child is able to help dress/undress themselves		
Child is able to wash hands independently or with help		

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Language Readiness

- A child must show interest and awareness in order to have success with toileting.
- Understanding directions, indicating need to go, etc. are all factors that should be considered.

Question	Yes	No
Child shows interest in using the potty/toilet on their own		
Child is aware of when they need to urinate or have a bowel		
Child is aware of what a potty/toilet is used for		
Child is able to understand/follow simple directions		
Child is able to indicate needs using words, signs or gestures		

Environmental Readiness

- Available equipment and positive support from adults can influence toileting success.
- Periods of major life change can be stressful on a child and are not ideal times to begin toilet training. Major life changes include illness, moving, surgeries, changes in family dynamics, enrollment into a new program, etc.

Question	Yes	No
A potty/toilet which is suitable for the child is available		
Parent/caregiver/teaching staff agree to address toilet training and provide patient, positive and consistent teaching for the time period required		

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