

## TOILET TRAINING READINESS

To prevent stress and setbacks, ensure your toddler is physically, emotionally, and developmentally ready to begin.

### "IS MY TODDLER READY?" CHECKLIST

Tick the boxes that apply to your child:

|                                                         |                          |
|---------------------------------------------------------|--------------------------|
| Can follow simple instructions                          | <input type="checkbox"/> |
| Shows awareness of wet or dirty nappies                 | <input type="checkbox"/> |
| Stays dry for at least 2 hours                          | <input type="checkbox"/> |
| Can pull pants up and down (with some help)             | <input type="checkbox"/> |
| Shows curiosity about the toilet / wants to copy adults | <input type="checkbox"/> |
| Uses words or gestures to communicate needs             | <input type="checkbox"/> |
| Displays growing independence and curiosity             | <input type="checkbox"/> |

**If your toddler doesn't meet several of these signs yet, wait a few weeks or until they start showing these signs.** Starting too early often leads to frustration for everyone.

If they are showing several of these signs, great!  
You can start preparing for toilet training.

## YOUR 'WHAT DO I NEED FOR TOILET TRAINING?' CHECKLIST

Prepare your home and supplies so you can focus on your toddler (not logistics!) during the training days.

**Child-size toilet seat insert** or separate training toilet (potty)

**Step stool** to help your toddler access the toilet and/or bathroom sink for handwashing

**Training pants or underwear** (buy many more than you think! As a guide, have at least 15-20 pairs on hand)

**Cleaning supplies:** Cleaning wipes/paper towel and cleaning spray for quick clean-ups

**Extra clothes** in main areas of the house (make sure you have done the laundry beforehand!)

**Reward system** (stickers, chart, tokens, stamps, etc.)

**Timer** or phone reminders for toilet visits

**Activities** for your child (and other children, if you have) to do during the 3 days at home

**Toileting steps visual guide** print-out for your bathroom (optional - helpful for more visual/literal learners)