



Signs of Toilet Training Readiness

- Urinates a fair amount at one time.
- Has regular, well-formed bowel movements at relatively predictable times.
- Has “dry” periods of at least two hours or during naps, which shows that bladder muscles are developed enough to hold urine.
- Can sit down quietly in one position for two to five minutes.
- Can pull their pants up and down.
- Dislikes the feeling of wearing a wet or dirty diaper/pull up.
- Shows interest in others’ bathroom habits (wants to watch you go to the bathroom or wear underwear).
- Gives a physical or verbal sign when they’re having a bowel movement, such as grunting, squatting or telling you.
- Demonstrates a desire for independence.
- Takes pride in their accomplishments.
- Isn’t resistant to learning to use the toilet.
- Is in a generally cooperative stage, not a negative or contrary one.
- Understands the physical signals that means they have to go and can tell you before it happens or even holds it until they can get to the toilet/potty.
- Can follow simple directions, such as “go get the toy.”
- Understands the value of putting things where they belong.
- Has words for urine and stool.