



# TOILET LEARNING READINESS CHECKLIST

Once we have filled out the readiness checklists at home and school and agree that the child is ready to move into underwear, we can discuss questions, expectations, and rituals, and decide when the child can start wearing underwear. Although there is no universal magic moment to begin, determining a window or readiness and deciding together on the right time is important for children to be supported and successful in group child care settings.

**CHILD'S NAME:**

Readiness Indicators	Home Notes	School Notes
<p><b>18 months old</b> Although there is no magic age when toilet readiness begins, most experts agree that the child should be at least 18 months of age. 24-32 months is the average age when children show readiness.</p>		
<p><b>Child stays dry for two hours</b> Holding urine for at least 2 hours at a time indicates that the bladder is big enough and the child is mature enough to begin toilet learning.</p>		
<p><b>Child is having regular BMs</b> Children should be having regular soft comfortable bowel movements. If there is any possibility of bowel withholding or constipation, it should be addressed with a pediatrician.</p>		
<p><b>Child is aware when wet or soiled</b> Does the child indicate discomfort or show you or tell you when he or she needs to be changed?</p>		
<p><b>Child can undress</b> Children should be able to pull up and down their pants to practice toilet learning as a self-help skill. It helps to dress children in elastic-waist comfortable clothes.</p>		
<p><b>Large motor skills</b> Children should be coordinated enough to walk, even run, and climb. Physical readiness will allow the child to be a full participant.</p>		

Readiness Indicators	Home Notes	School Notes
<p><b>Child can follow simple directions</b> The child will need to cooperate with simple directions to participate.</p>		
<p><b>Child imitates others &amp; shows pride</b> Role play and imitation are a sign that the child is making sense of his world and motivated to begin toilet learning. Showing pride indicates the child is intrinsically motivated as well as eager to please.</p>		
<p><b>Child trusts adults</b> We learn from those we trust and love.</p>		
<p><b>Language</b> The child needs to be able to answer yes and no questions such as “do you need to go?” or “are you wet?” The child should also be using language to describe body parts and waste products.</p>		
<p><b>Child washes hands</b> The child participates in handwashing routines, and will wash hands with prompting. Handwashing is part of toilet learning, promoting healthy habits.</p>		
<p><b>Adults are ready to be supportive</b> Adults are communicating in a variety of environments to provide consistency, and they understand there may be some inconvenience in the routine, and are ready to give encouragement and support.</p>		

Special Notes:

# HANDWASHING AT HOME

Developed by Rochelle Lentini and Lise Fox

## What can I do to prevent the problem behavior of avoiding handwashing?

BELOW ARE TOOLS TO TEACH HOW TO WASH HANDS:

- Get a book about washing hands -- Go to your local library or book store, get a book about washing hands, read it with your child, and then suggest to your child that he/she can make his/her own "washing hands book" using real photos. Take photographs, develop pictures, and staple several pieces of paper together to make a book for your child by gluing in the photographs and writing the steps of hand washing in the book. Read your homemade book to your child prior to going into the bathroom, and allow him/her to read it to you.
- Show the steps -- Use wash hands visual routine sequence to cue steps. Use photographs of each step of the hand washing routine. If the pictures are laminated and Velcroed, your child can remove the picture, or turn the picture over to indicate completion.
- Back up hand washing with something fun -- Tell your child he/she can do something fun after hand washing.
- Make it fun -- decorate sink area with your child's favorite characters.
- Sing a song -- Sing a fun song about washing hands to encourage child to wash.
- Encourage your child -- Praise for all attempts at washing hands.
- Make sure your child can comfortably reach the sink using a step stool.
- Use pump soap in a decanter if that will be more interesting or fun for your child, or use some scented soap.
- Let your child play in the sink after washing hands.

## Why might my child be doing this?

Your child does not want to wash hands.

## What can I do if the problem behavior occurs?

- Say to your child, "I will help you. You turn on the water; I will get soap."
- Use a first-then cue: first wash hands; then \_\_\_\_.
- Count with your child how many more steps, or count how many times they need to rub his/her hands together, e.g., "O.K. put soap on, now rub 1-2-3" make it fun or silly.
- Remind your child of something fun he/she can do after hand washing.
- Praise for completing each step.
- Praise for washing hands.