



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
18 months old 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.		
Child stays dry for two hours 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.		
Child is having regular BMs 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.		
Child is aware when wet or soiled Does the child indicate discomfort or show you or tell you when he or she needs to be changed?		
Child can undress 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.		
Large motor skills Children should be coordinated enough to walk, even run, and climb. Physical readiness will allow the child to be a full participant.		

Readiness Indicators	Home Notes	School Notes
Child can follow simple directions The child will need to cooperate with simple directions to participate.		
Child imitates others & shows pride 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.		
Child trusts adults We learn from those we trust and love.		
Language 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.		
Child washes hands The child participates in handwashing routines, and will wash hands with prompting. Handwashing is part of toilet learning, promoting healthy habits.		
Adults are ready to be supportive 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.		

Special Notes: