

# POTTY TRAINING READINESS CHECKLIST



THIS CHECKLIST HELPS YOU IDENTIFY SIGNS THAT YOUR CHILD MAY BE READY FOR POTTY TRAINING. EVERY CHILD HAS THEIR OWN PACE, ESPECIALLY IN AUTISM. USE THESE INDICATORS TO SUPPORT A POSITIVE AND SUCCESSFUL POTTY TRAINING EXPERIENCE. CHECK AT LEAST 6 TO 8 ITEMS TO START WITH POTTY TRAINING.

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***Stays dry for 1–2 hours at a time.***

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***Wakes up from naps with a dry diaper.***

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***Has regular bowel movements (predictable times).***

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***Can sit steadily on a potty or toilet seat for short periods.***

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***Can walk to the bathroom independently or with support.***

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***Shows discomfort when wet or dirty (pulls at diaper, asks to be changed).***

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***Goes to a corner or hides when they need to poop.***

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***Starts to show curiosity: watches others go to the bathroom, follows you, or imitates.***

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***Can follow simple instructions (e.g., “sit,” “come here”).***

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***Tolerates bathroom routines like flushing, handwashing, or sitting briefly on the toilet.***

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***Shows awareness of pee/poop — for example:***

- ***Pauses during play***
- ***Says “pee,” “poop,” or points to diaper***
- ***Brings you a clean diaper***

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***Does not show extreme distress sitting on the potty (may need gradual exposure)***

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***Shows interest in underwear or in being “a big kid.”***

