

Potty training Token economy

Every child has their own rhythm, and potty training isn't a one-size-fits-all process. A token economy can make it easier by giving your child clear, visual motivation. Each time they try, communicate, or use the potty, they earn a token they can see, making progress predictable, positive, and rewarding. Filling the token board turns learning into a fun and encouraging experience.

How does it work?

- The student earns a token (the underwear) each time they demonstrate the desired behavior or complete a task ; try to go potty (sit on the toilet).
- Once all the tokens are earned, they get a reward or reinforcer, like extra playtime or a favorite activity,

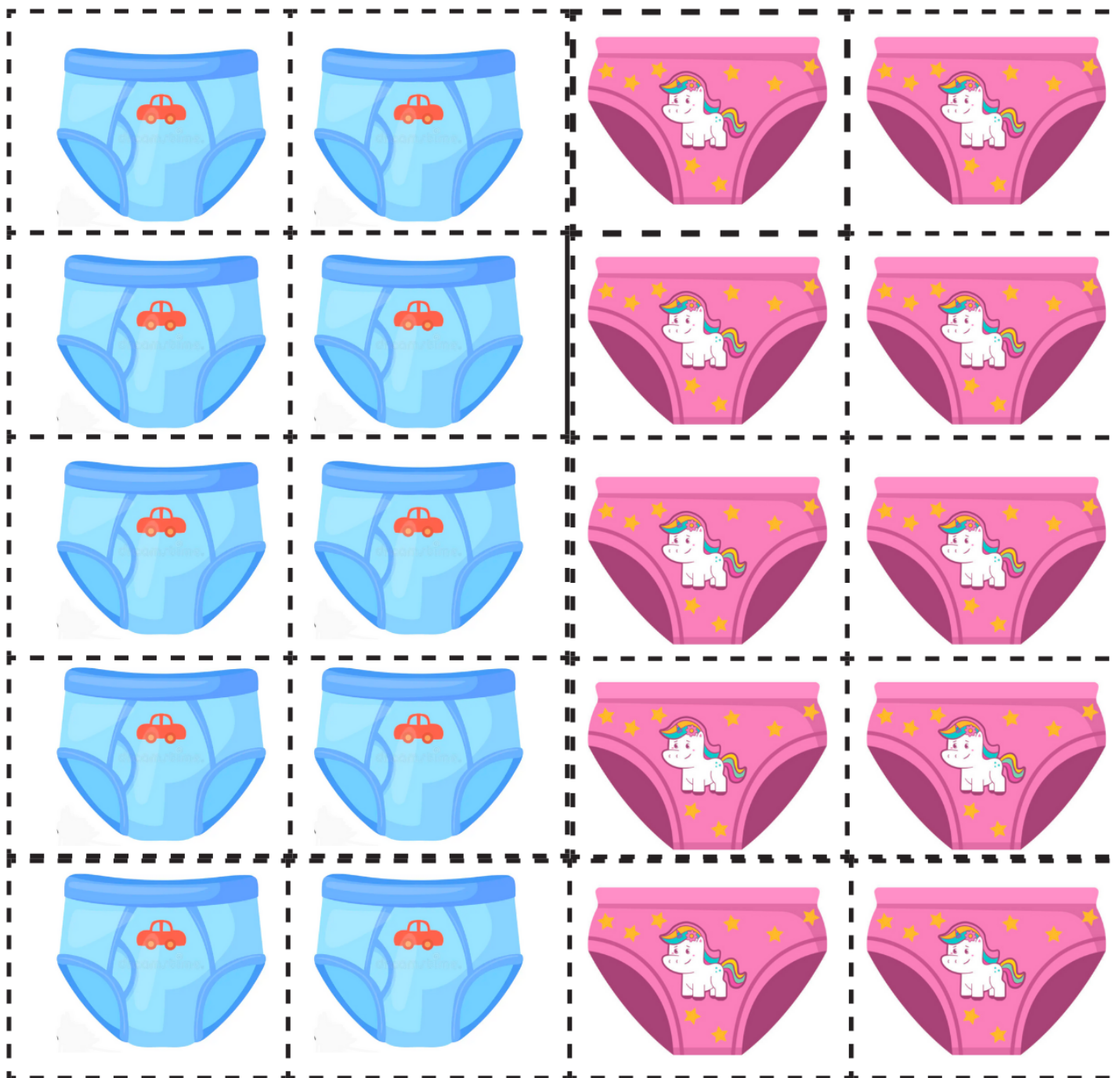
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This visual reward system is simply a tool to help support your practice on sitting on the potty.



Before using this resource please see the Potty training Readiness checklist that is also a free resource in our website and see if your child is ready to start their journey to leave the diapers





Instructions

1. Print and laminate the token board.
2. Print, cut, and laminate the tokens.
3. Add Velcro to the board and the back of each token.
4. Choose the behavior to reinforce (sitting, trying, or using the potty).
5. Give a token immediately after the behavior with simple praise.
6. When the board is full, give a small reward.
7. Reset the board and repeat.

