

COMMON SIGNS THAT YOUR CHILD IS READY TO BEGIN POTTY TRAINING:

Physiological Signs

- ▶ Remains free of bowel movements overnight
- ▶ Has regular and predictable bowel movements
- ▶ Maintains a dry diaper for 2 hours or is dry after naps

Cognitive and Verbal Signs

- ▶ Demonstrates the need to use the potty through verbal and nonverbal language
- ▶ Can follow simple directions
- ▶ Can put toys and other belongings in their right place
- ▶ Can recite their ABCs or other songs
- ▶ Lets you know when they've soiled their diaper
- ▶ Can use potty lingo like *pee*, *poop*, and *potty*

Motor Signs

- ▶ Can walk and sit
- ▶ Has the ability to push down and pull up pants

Emotional and Social Signs

- ▶ Can sit in one spot for 2 to 5 minutes
- ▶ Asks to wear underwear or sit on the potty chair
- ▶ Imitates parental behavior
- ▶ Shows interest in the toilet
- ▶ Demonstrates independence and uses the word no
- ▶ Engages in symbolic play
- ▶ Isn't resistant to learning to use the toilet