

Toilet Learning vs. Toilet Training

Signs of Readiness Checklist:

Physical Readiness

- Child can stay dry for longer periods of time, or overnight
- Child knows the feelings that signal he/she needs to use the bathroom
- Child can pull down own pants, and pull them up
- Child can get him or herself to the toilet
- Child has eliminated in the toilet multiple times both urination and a bowel movement

Emotional Readiness

- Child seeks privacy when going in diaper
- Child shows interest in using the toilet-may want to put paper in and flush it
- Child shows curiosity at other people's toilet habits
- Child has decided he/she wants to use the toilet
- Child is not afraid of the toilet
- Child is in a toddler bed

Mental and Language Readiness

- Child can follow simple directions
- Child can point to wet or soiled clothes and ask to be changed
- Child pays attention to the physical signals even when she is doing something else (a challenge for many children, which is why accidents are so common)
- Child knows the words for using the toilet, and can tell an adult when he/she needs to go