

Is Your Child Ready for Toilet Training?

Physical Signs:

- Your child urinates or has bowel movements at somewhat regular intervals



- Is dry for multiple hours at a time or during naps



Cognitive Signs:

- Understands the feeling of having “to go”
- Can recognize the feeling of having “to go”



- Has words for urine and stool



Behavioral Signs:

- Can pull their own pants up or down
- Is uncomfortable in a soiled diaper
- Shows interest in yours or someone else’s bathroom use
- Seeks privacy for urination or bowel movements



- Gives signs when urinating or having a bowel movement (grunting, squatting, announcing their action)