Is my child ready?

Tick what you've seen in the past two weeks

Body

- [ ] Dry for 2 hours, or after naps
- [ ] Predictable poop times
- [ ] Shows signals before peeing or pooping
- [ ] Walks to the bathroom, sits and gets up

Understanding

- [ ] Follows simple instructions
- [ ] Has words for pee and poop
- [ ] Tells you when the diaper is wet
- [ ] Knows where things belong

Interest

- [ ] Follows you to the bathroom
- [ ] Dislikes a wet diaper
- [ ] Wants to do things "by myself"
- [ ] Asks for underwear or the potty

Score

7+ Ready: pick your three days.
4 to 6 Prep week, then check again.
0 to 3 Prep steps only, check in a month.

Also check

Soft poos at least every other day? No big changes coming up? Three days at home?

My potty chart

Name: _____ One sticker for every try and every success!

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35



My potty steps

Cut out, or hang next to the potty

1



Pants down

2



Sit

3



Pee or poop

4



Wipe

5



Flush

6



Wash hands

FROM LITTLE POTTY PLAN

Want the whole plan?

These free pages are part of **The Little Potty Plan**, a 35-page PDF with:

- A 7-day prep week
- The 3-day start, hour by hour
- Days 4 to 14, so it sticks
- Word-for-word scripts for every common moment
- Fixes for 14 common problems, including poop and regression
- Naps, nights and daycare
- 7 more printables: stickers, 3-day log, night chart, certificate, caregiver sheet

Get it at littlepottyplan.com

Instant download · one-time payment

General information based on AAP and NHS guidance, not medical advice.