

**SELF CARE
TOILETING**

Level of Development Required

Your child's readiness to toilet train is related to his or her level of growth and development. The following items are arranged according to physiological, motor, cognitive and language development and social skills. Some of the items on the list may not apply to your child. The more items that do apply, the more ready your child is likely to be, to begin toilet training.

Readiness Checklist:

<p style="text-align: center;">Physiological Readiness</p> <ul style="list-style-type: none"> <input type="checkbox"/> My child is able to stay dry for at least an hour. <input type="checkbox"/> My child's nappy is often dry after a nap. <input type="checkbox"/> My child is aware of being wet or soiled. <input type="checkbox"/> My child's bowel movements are solid and well formed. <input type="checkbox"/> My child does not have bowel movements through the night. <input type="checkbox"/> My child has regular bowel movements during the day. 	<p style="text-align: center;">Motor Readiness</p> <ul style="list-style-type: none"> <input type="checkbox"/> My child can sit with or without support. <input type="checkbox"/> My child can walk with or without help. <input type="checkbox"/> My child can move independently from one chair to another or participates actively when being moved using appropriate equipment. <input type="checkbox"/> My child attempts to squat without losing his/her balance. <input type="checkbox"/> My child is able to help dress/undress his/herself. <input type="checkbox"/> My child can open doors independently. <input type="checkbox"/> My child can manipulate small toys successfully.
<p style="text-align: center;">Cognitive Readiness</p> <ul style="list-style-type: none"> <input type="checkbox"/> My child searches for his/her toy. <input type="checkbox"/> My child imitates me or others. <input type="checkbox"/> My child plays make-believe. <input type="checkbox"/> My child can sit and play quietly for about 5 minutes. <input type="checkbox"/> My child is aware of when s/he needs to urinate or have a bowel movement. <input type="checkbox"/> My child is aware of what a potty/the toilet is for. 	<p style="text-align: center;">Language Readiness</p> <ul style="list-style-type: none"> <input type="checkbox"/> My child understands simple requests like "Where's Mummy". <input type="checkbox"/> My child understands/responds to instructions. <input type="checkbox"/> My child is able to indicate his/her needs using words, signs or gestures. <input type="checkbox"/> My child has a name/sign for urine and bowel movements. <input type="checkbox"/> My child tells me when his/her pants are wet/soiled. <input type="checkbox"/> My child tells me when s/he needs to urinate or have a bowel movement.
<p style="text-align: center;">Social Readiness</p> <ul style="list-style-type: none"> <input type="checkbox"/> My child is showing an interest in using the potty/toilet like other children do. <input type="checkbox"/> My child likes to do things for his/herself. <input type="checkbox"/> My child is usually eager to please Mummy/Daddy. <input type="checkbox"/> My child is usually happy and contented. 	<p style="text-align: center;">Toileting Equipment</p> <ul style="list-style-type: none"> <input type="checkbox"/> I have a potty which is suitable for my child. <input type="checkbox"/> Have a toilet insert and step which are suitable for my child. <input type="checkbox"/> My child requires a supportive toilet seat