

DEVELOPMENTAL CHECKLIST FOR TOILETING READINESS

As therapists, one of the common questions we hear is whether or not a child is ready to begin the process of toilet training. For the child with special needs or disabilities, this question can be even more impactful. Both typically developing kids and those with specific needs require a set of skills in place in order to have success with toilet training. This checklist can be used as a guide for the development of specific foundational skills a child needs in order to become toilet trained. It is important to note that children develop at different rates. Children with special needs may develop these skills more slowly.

DEVELOPMENTAL MILESTONES

BETWEEN 1 AND 2 YEARS

- Perceives bladder fullness
- Begins to show bladder and bowel patterns
- Indicates discomfort over wet or soiled diapers
- Holds urine briefly

18 MONTHS TO 2 YEARS

- Able to sit on a potty or adaptive seat on a toilet with assistance
- Helps caregiver to pull down pants
- Washes and dries hands partially or with help
- Shows an interest in using the toilet
- Stays dry for 2-4 hours
- Can pull down their pants with assistance
- The child indicates the need to use the toilet
- The child washes hands independently

BETWEEN 2 AND 3 YEARS

- Removes pull-down elastic waist pants
- Unbuttons large buttons
- Child begins to aware and in control of their bowel and bladder movements
- Pulls down pants
- Anticipates the need to empty their bladder and bowel
- Has voluntary control of their bladder and bowel during the day time
- Undresses with assistance
- Pulls up pants with assistance
- Distinguishes between urination and bowel movements
- Holds urine voluntarily with occasional accidents
- Takes responsibility for toileting
- Insists on doing things independently
- Can use toilet paper to wipe with assistance
- Dresses with supervision
- May require help with fasteners
- Dries their hands independently
- Can snap fasteners
- Unbuckles a belt

BETWEEN 3 AND 6 YEARS

- Tears toilet paper, wipes self and flushes the toilet independently
- Remembers to wash and dry their hands after using the toilet
- Dresses independently and adjusts clothing before leaving the bathroom
- Buckles belt
- Occasional accidents are typical
- Can hold urine for longer periods of time
- Has control of the bladder and bowel at night

6 YEARS AND UP

- The child has voluntary control when their bladder is less than full.

NOTES/THINGS TO CONSIDER