Potty preparation: comfort, skills and carers checklist

Print this sheet, or talk through the prompts together. Use only the parts that help. Keep completed copies private.

This checklist helps you prepare a conversation and a practical setup. It is not a readiness test, medical assessment or promise of a training deadline.

Make the routine familiar

Words we will use for wee, poo and the toilet: _____

A book or simple play idea we can share: _____

How our child will practise clothing and handwashing with help: _____

Potty or toilet setup, including secure support where needed: _____

Check comfort

Any hard or painful poos, straining or worries to discuss: _____

Health visitor or GP question: _____

Any sensory, communication or physical adaptations to ask about: _____

If you suspect constipation, seek advice before stopping nappies. See the NHS potty-training guide and ERIC's support.

Continue: Potty preparation: comfort, skills and carers checklist

Agree the approach with carers

People we need to speak with: _____

Words and help we will use consistently: _____

Spare clothes and supplies: _____

How we will pass on useful observations privately: _____

Accident phrase: “Let’s get you comfortable. The spare clothes are here.”

Choose one practical next step

Example: “Tomorrow I will ask nursery how they help children manage their clothing and share what we are practising at home.”

Our next step: _____

Who will do it: _____

When we will review: _____

Notice a skill, such as asking for help or managing clothes, rather than only counting dry days. Keep your child’s toileting details private and avoid comparisons with other children.

Browse all free resources.

For ideas to use alongside this resource, read Preparing for potty training without turning it into a race.

More help for your family

Make toileting familiar, check comfort and agree a calm approach with everyone who cares for your child.