

SIGNS OF READINESS

Physical Signs

- Dry periods of at least one or two hours
- Predictable bowel movements (At regular times and none during the night)
- They can pull their pants up and down
- They show interest when you use the bathroom

Behavioral Signs

- Your little one enjoys praise and wishes to please
- They have a desire for independence
- They may show signs of discomfort when their nappy is wet or dirty
- They can sit still for one to two minutes without being distracted

Cognitive Signs

- They can understand and follow simple instructions or requests (Eg Where is the potty?)
- They have words for wee and poo
- Shows awareness they are doing a wee or poo, (Eg they stop what they are doing for a minute)
- They may tell you they need to go before they do it.