

Toilet Training Pre-Requisite Checklist



Can they perform this skill?	Yes or No (circle one)	Can you start toilet training without this skill?	What do I do next?
Does the child follow simple directions?	Yes No	No, you can't	<ul style="list-style-type: none"> • Increase understanding and cooperation with simple directions such as "stand up" or "hands down" • Provide reinforcement when they follow a direction!
Is the child able to transition to and from the bathroom without engaging in problem behavior?	Yes No	No, you can't	<ul style="list-style-type: none"> • Associate walking to and from the bathroom with their favorite things. • Present their favorite things before asking the child to transition.
Is the child aware of being wet or does the child show discomfort when wet?	Yes No	Yes, you can	<ul style="list-style-type: none"> • Consider using cloth underwear. • Cloth underwear can create mild discomfort and bring awareness to accidents, which helps with toilet training.
Does the child tolerate sitting on the toilet?	Yes No	No, you can't	<ul style="list-style-type: none"> • Start with low expectations (e.g., 10 seconds of sitting) and increase the time as they are successful. • Give the child their favorite items as they sit to increase cooperation and motivation to sit.
Does the child have long periods of time when they remain dry?	Yes No	Yes, you can	<ul style="list-style-type: none"> • Decide how often the child should be taken to the bathroom. • If the child does not remain dry for long periods, you may want to start with short intervals such as every 5 minutes.
Does the child demonstrate any sensitivities to being in the bathroom (e.g., sound of toilet flushing)?	Yes No	No, you can't	<ul style="list-style-type: none"> • Identify strategies to increase the child's tolerance to sensitivities. • Provide tons of reinforcement when they successfully tolerate a sensitivity. • Some sensitivities can be targeted later during the toilet training process.
Is the child able to pull up or down their own pants and underwear?	Yes No	Yes, you can	<ul style="list-style-type: none"> • Work on increasing imitation of the movements for pulling up and down pants. This skill is critical for future independence.
Is the child able to communicate or indicate when they need to use the bathroom or when they had an accident?	Yes No	Yes, you can	<ul style="list-style-type: none"> • Model how to say "bathroom" at the start of each trip. • Work on imitating saying "bathroom" or using a sign/picture. This is a critical skill for toileting independence.
Does the child tolerate sitting at the worktable for at least 5 minutes?	Yes No	Yes, you can	<ul style="list-style-type: none"> • Provide reinforcement for remaining seated at the worktable. • Tolerance for sitting at the worktable can impact success with toilet training.