

Potty training plan

Start when your child shows they are ready, time it around the move to preschool, and keep every caregiver doing the same thing. This page is for you to observe your child, not to test them.

Not yet reviewed by a clinician. We're arranging a clinical review; until then, check anything about your child's health with your doctor or the Child Health Booklet. This plan is general guidance, not a diagnosis.

1 Signs you may notice

From Families for Life. Signs often show from about 2 years, some as early as 18 months. Not every sign needs to be there: look for a general trend. Nothing here is scored.

	Seen	Not yet
Has a dry diaper for up to two hours	☐	☐
Tells you, with words or gestures, when they wee or poo in the diaper	☐	☐
Starts to dislike the diaper, perhaps pulling it off when it is wet or dirty	☐	☐
Walks, and can sit for short periods	☐	☐
Can pull their pants up and down	☐	☐
Follows simple instructions, like “Give the ball to Daddy”	☐	☐
Is interested in watching others go to the toilet	☐	☐
Has regular, soft, formed poos	☐	☐
Is becoming more independent, and says “no” more often	☐	☐
Understands that things have their place around the home	☐	☐

2 Choosing when to start

Easier times

- A long weekend or a few days of leave at home
- A settled few weeks with the same caregivers
- Some weeks before or after starting preschool, not the same week

Harder times

- The weeks around a new baby, a house move or a new helper
- Long trips, or when your child is unwell
- The first week at a new centre

3 When to talk to your doctor

If anything about your child's toileting worries you, such as pain or discomfort, or a child who was dry and starts having many accidents again, talk to your doctor. Write your questions in the Child Health Booklet so you remember them at the next check-up.

Source: Families for Life (adapted from raisingchildren.net.au), Toilet training, familiesforlife.sg/pages/fflparticle/Toddlers-Toilet-Training, checked 18 October 2026.

Our plan, timed around preschool

Work back from the day your child starts playgroup or moves up from infant care. If your child isn't showing many signs yet, it's fine to start after they have settled in.

Preschool starts _____ Our start week _____

1 Step by step

- ☐ **6 to 8 weeks before preschool:** watch for the signs on page 1. Read a potty picture book, and let your child sit on the potty in clothes.
Ask the centre how they handle toileting, how many spare sets to pack and whether they prefer pants or pull-ups.
- ☐ **4 weeks before:** agree the words and the plan below with everyone who cares for your child. Buy a potty or a toilet seat and step stool, and some pants.
- ☐ **Start week (at home):** pants on in the day, reminders every so often and after meals and naps, lots of drinks, and calm cleanups.
- ☐ **Weeks 2 and 3:** fewer reminders as your child starts telling you. Try short outings: the toilet before leaving, spare clothes in the bag.
- ☐ **First week at preschool:** give the centre the note on page 4. Expect a few more accidents while everything is new; that is common, and not a step back.
- ☐ **Naps and nights:** these often come later. Families for Life says children are often 3 to 4 years old before they are dry at night. A diaper at night is fine until then.

2 What we all agree

Decision	Our choice
Words we use For wee, poo and the potty, the same at home, at Grandma's and at the centre	
Potty or toilet seat Many families use both: a potty at home, a seat and step stool for outings	
Pants or pull-ups in the day	
When we remind After waking, after meals, before going out, before bath	
After an accident What we say ("Oops, let's get clean") and what we do	
Who helps where Parents, helper, grandparents, the centre	
Outings Public toilets, squat toilets and the spare-clothes bag	

My potty sticker chart

A sticker for trying, not only for getting it in the potty. Keep it at your child's eye level near the potty, and let them choose and stick the sticker.

My name _____ Started _____

1 My potty steps

 1 Potty time Pants down, sit down	 2 Try Sit for a little while	 3 Pants up Wipe, then pull up	 4 Wash hands Soap, rinse, dry
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2 My stickers

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

Several tries in a day? Put several stickers in the circle, or one big one. Missed a day or had a messy one? Leave it blank and carry on; the chart is for cheering, not for keeping track of accidents.

3 Ways to cheer, whoever is with me

- "You listened to your body!"
- "You sat and tried. Well done for trying."
- "Oops, that's okay. Let's get clean and try again next time."
- A high five or a little dance works as well as a treat.

Notes for the preschool and the helper

Fill these in and hand one to the preschool teacher and one to the helper or grandparent, so your child hears the same words all day.

For our preschool

We are toilet training at home and would love to keep things the same at the centre.

Child _____ Class _____

The words we use _____

Pants or pull-ups _____ We remind about every _____

After an accident, we say _____

Spare sets in the bag _____ Wet bag included _____

Please tell us _____

Parent and phone _____

For our helper or grandparent

Thank you for helping. Please follow the same plan as us, even when it is slower or messier.

The words we use _____

Remind at these times _____

Pants or pull-ups _____ At night _____

After an accident _____

Message us if _____

- Please don't scold, punish or shame accidents, and don't make our child sit for a long time.
- Praise trying, and let our child put the sticker on the chart.
- Wash hands together after every try.

1 Spare-clothes bag for the centre and outings

☐ Two or three spare sets: pants, shorts, socks

☐ A wet bag or a few plastic bags

☐ Wet wipes and a small towel

☐ A foldable toilet seat for outings

☐ Spare shoes or slippers

☐ Everything labelled with your child's name