

MY TOILETING SKILLS JOURNEY...

1. I'm ready!

I know when I'm wet or dirty. I can be dry for 2 hours. I am ready to learn to use the toilet!



2. I can ask for help

and I am learning to sit on the toilet, relax and empty.



3. I have a healthy body

I eat lots of fruit and veg, drink lots of water, and stay active.

5. I notice my wee and poo clues

My body tells me when I need to go to the toilet. I'm learning to listen & go!



4. I'm practicing in undies now

It feels different: I know when I'm wet and I have to get to the toilet fast.



6. Now I can do all the toilet steps!

- Pull down my pants
- Sit on the toilet
- Wait for all the wee and poo to come out
- Wipe my bottom
- Pull pants up
- Flush toilet
- Wash my hands

