

Family Activities



School Readiness Skill: Uses the toilet without help

Independence in toileting routines is important as children make the transition to kindergarten. Many preschool aged children are still learning to be independent with toileting. Using public toilets may be a new experience for your child. Toileting success is most likely to occur when the routine is broken down into smaller steps.

Toileting Chart

If your child is still learning to use the toilet independently you may want to try creating a toileting chart. The toileting chart is a great way for you to help your child create a routine. Feel free to use the sample toileting chart that has been provided with this family print activity.

It's Toilet Time!					
I sat on the toilet myself.					
I went pee in the toilet myself.					
I went poop in the toilet myself.					
I flushed the toilet myself.					
I washed my hands myself.					
My Goal: _____					
My Reward: _____					

Note to Parents: Use this chart to help your child learn to use the toilet independently. Each time your child has had a successful toileting experience, mark with a green checkmark your child's name in the chart. Celebrate your child's success by giving them a sticker or a small reward. The chart is designed to be used for a week, but you can use it as long as your child needs it.

The Power of Praise

Keep in mind that it is normal for your child to have toileting accidents from time to time at this age. Never scold your child for wetting themselves. This can often serve more harm than good. It is always better to praise your child when he or she takes care of his or her own toileting needs.



Importance of Routine

Children are creatures of habit. They have an innate need for routine and consistency. To avoid accidents, children should always have the opportunity to use the bathroom on demand. This doesn't mean you can't work with your child to set a consistent toileting routine. For example, using the bathroom just before bedtime and first thing upon rising in the morning are two good times to establish as you begin creating your routine. You can then begin adding other times to your routine such as before and after meal time or naps.



Hand washing Habits

Hand washing activities and toileting go hand in hand. Make hand washing an important part of your child's toileting routine. Model appropriate hand washing and help your child remember to wash his or her hands each time after toileting. Picture charts are a great way to help young children learn proper hand washing skills. For your convenience, a sample hand washing chart is provided with this family print activity. Always allow your child ample time to complete this task. A great way to ensure your child is getting all of those pesky germs is to recite or sing the alphabet as the hand washing is taking place.



Toileting Books

There are many children's books available that reinforce appropriate toileting concepts. Check your local library for some of these exciting choices.



Everyone Poops by Taro Gomi

Once Upon a Potty by Alona Frankel

Time to Pee! by Mo Willems

I have to go! By Robert Munsch

Wash Your Hands! By Tony Ross

Buddy Bear's Hand Washing Troubles by Marjorie T. Cooke

It's Toilet Time!



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My Reward: _____

Note to Family: Use this chart to set goals with your child of using the toilet independently. As with any self-help task practice and consistency are key. Start with small goals and work your way up until your child is using the toilet independently. Draw a happy face in the corresponding grid each time your child successfully completes the task.