kidsco

PAGE 1 · BEST FOR MOST CHILDREN

My First-Step Potty Chart

Choose **one small action**. Add the mark immediately. Every earned mark stays.

THE ONE THING I AM LEARNING

I will _____

1 2 3 4 5

WHEN I HAVE FIVE MARKS, WE WILL

_____

_____

Adult tip: Write an action the child can attempt now: “sit for 10 seconds”, “tell an adult”, or “push trousers down”. Give a sticker, stamp, tick or coloured mark straight after. Name the action in your praise.

Do not record accidents or remove earned marks.

kidsco

PAGE 2 · FOR FEAR, REFUSAL OR WITHHOLDING

My Tiny-Steps Confidence Ladder

Make every rung calm and achievable. Reward the **current rung**, not the final wee or poo.

6 _____

5 _____

4 _____

3 _____

2 _____

1 _____

Example only: enter bathroom → stand by potty → sit clothed for five seconds → sit with trousers down → sit comfortably for one minute → try at the planned time. Your child may need smaller or different steps.

Suspected constipation, pain or withholding? Ask a health visitor or GP.

PAGE 3 · HOME, NURSERY AND CARERS

Our Shared Potty Routine

Use the same words, picture cue, support and current goal everywhere. Add only the sits that belong in this child's plan.

When / cue	What we do	Support or reward	Notes

OUR EXACT WORDS / SIGN / PICTURE

THE ONE ACTION EARNING A MARK NOW

SEAT, STEP, CLOTHING OR SENSORY SUPPORT

HOW WE RESPOND TO AN ACCIDENT

Calmly, with no lost mark.

Adult tip: Natural points such as after waking or after a meal may be more useful than a rigid time. If a health professional has given a schedule, copy it exactly.

kidsco

PAGE 4 · VISUAL TOILET SEQUENCE

What Happens At Toilet Time?

Point to **one step at a time**. Cover steps that are not being learned yet. Use the same pictures across settings.

1. **Trousers down**
   Ask for help if needed
2. **Sit safely**
   Bottom and feet supported
3. **Wee or poo**
   Relax and try—no forcing
4. **Wipe**
   Or ask an adult for help
5. **Flush**
   With help if sound is difficult
6. **Get dressed**
   One clothing step at a time
7. **Wash + dry hands**
   Teach the full hygiene routine
8. **All finished**
   Give the mark if today's target happened

AFTER TOILET TIME, I GO BACK TO

_____

A picture can also be used to ask for the toilet.