

Toilet Training Chart & Picture Sequence

Name: _____ Date: _____

Print one for the bathroom wall and one for the week. Same words, same order, every adult. Leave accidents blank — never mark them.

The steps — point to each one, same words every time

1. Go to the bathroom
2. Trousers and pants down
3. Sit down — feet on the stool
4. Wait (count to twenty, or one short song)
5. Wipe
6. Trousers and pants up
7. Flush
8. Wash hands and dry them

Wee in the toilet	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning, after waking	☐	☐	☐	☐	☐	☐	☐
Mid-morning	☐	☐	☐	☐	☐	☐	☐
After lunch	☐	☐	☐	☐	☐	☐	☐
Afternoon	☐	☐	☐	☐	☐	☐	☐
After dinner	☐	☐	☐	☐	☐	☐	☐
Before bed	☐	☐	☐	☐	☐	☐	☐

Poo in the toilet	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sat on the toilet (even if nothing happened)	☐	☐	☐	☐	☐	☐	☐
Poo in the toilet	☐	☐	☐	☐	☐	☐	☐
Asked or signalled beforehand	☐	☐	☐	☐	☐	☐	☐

Dry all day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dry when we checked	☐	☐	☐	☐	☐	☐	☐
Told us or showed us they needed to go	☐	☐	☐	☐	☐	☐	☐

What I noticed — times of day, what helped, anything that upset them:

How to use this

Print two copies: one for the bathroom wall at your child's eye level, one for the tracker.

Before you start, record for three or four days when your child is usually wet and dry. Then schedule sits shortly BEFORE those times — you are arranging success, not testing them.

Point at each picture as you do the step, using the same short words every time. Same sequence, same words, every adult.

Sits are two or three minutes, calm, with something to look at. If nothing happens, it still ends pleasantly.

Mark the tracker straight away, in front of your child, and give whatever genuinely motivates them within seconds.

Never mark an accident with a cross or a sad face. Leave the box blank and change them without comment.

Pairs with our free **toilet training home program** at inclusivetherapycentre.com/home-programs