One of the best ways to support children in potty training is to help them follow the natural rhythm of when their bodies should start using the bathroom. This visual schedule will serve as a reminder to them of those important moments during the day. It also helps eliminate nagging or constant reminders as children have a visual instead.

Laminate and put the visual cue cards in a location that is a good reminder such as a bathroom, bedroom, or classroom. As the times approach remind the child to look at the visual chart to see when they should use the bathroom next.

potty dance	wake up	bedtime	before nap
after meals and snacks	before leaving	before bath	before going outside

When should I go to the bathroom?

Potty Training Visual Cards

Sometimes a visual cue is all a child needs to help remember a specific routine! Use these visual cards for your child to flip through on a binder clip and help process when they should be using the bathroom.

Print out these visual cards on cardstock or printer paper and laminate them. Punch a hole in the upper left corner and put them on a binder clip.

Use these visual cards in a number of different ways:
• Make them available for children to look at in a small basket or container
• Hang them on the wall where a child can easily reach and look through them
• Put them on a child's backpack as a reminder of when it's time to go potty
• Put them in a purse to have handy when out and about.

I made these with my own daughter while working on potty training, and it is my hope that you will have great benefits from using it too!
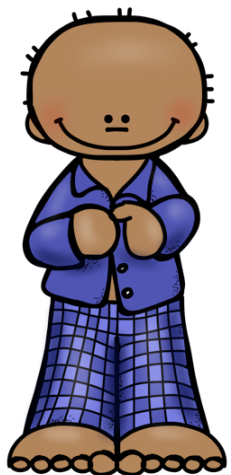
potty dance

wake up

after meals
and snacks

before leaving

bedtime

before nap

before bath

before going
outside

It's Time to Go Potty! Book

This fun book is a great way to reinforce the skills children need to remember when learning to use the bathroom. It's easy for children to forget or to put off those important times, so this book helps make those connections stronger and to produce good bathroom habits.

Print it out on cardstock or paper. Optionally, laminate it for durability.

It's Time to go Potty

Good Morning! It's a bright and beautiful day.

I am excited to get up and eat and play.

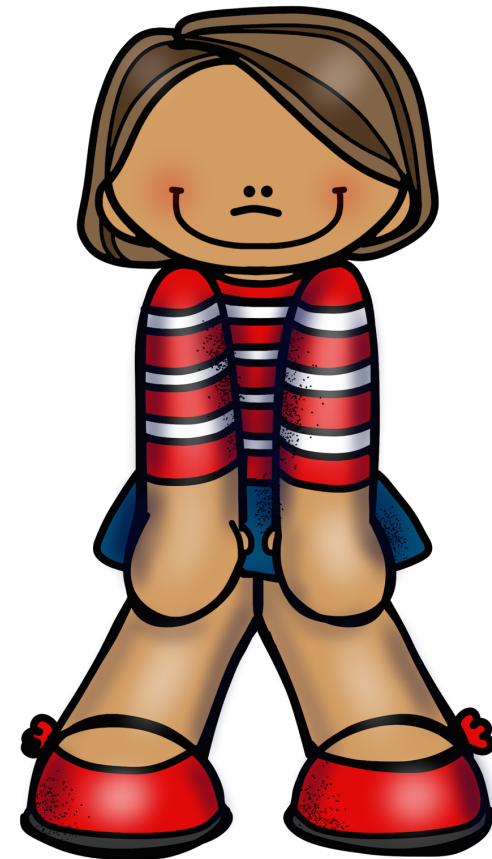But before I do, there is something important I must do!

It's time to go potty. This is the best way to start my day.

After each meal, I'm ready to have fun.

But there is something I must first get done!

It's time to go potty. This is what's right for my body.

As I am playing with my friends, I start to dance.

My body tells me something important I must know.

It's time to go potty. Even my friends have to go.

I'm having so much fun with my toys that I don't want to stop.

But if I keep playing, I'll start to feel a drop.

It's time to go potty. My toys will be waiting for me when I'm through.

At the end of the day, I'm ready to rest.

Before I do, there is something that I know is best.

It's time to go potty. This will give my body the best night's rest.

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