



Visual Potty Mastery Routine

A young child's brain encodes information visually. This means they think in pictures rather than words. Visual routines show children exactly what to do in a way that is easy for them to understand.

Independent toileting requires a lot of steps! Because a young child's brain is only primed for a few instructions at a time, it's helpful to separate the potty routine into three shorter sequences:

Pre-Potty:

Feel the urge to potty.
Walk to the bathroom.

Potty:

Push down bottoms and underwear.
Sit on the potty.
Put pee and poop in the potty.
Wipe and put paper in the toilet.

Post-Potty:

Pull up bottoms.
Flush.
Wash and dry hands.

Two Choices: Which is Better for you— Premade or DIY Photos?

The clearer and more specific the visual routine, the more likely children are to be successful. You can print the premade illustration version for convenience, or you can do a photo session that features your child in the visual routine. To DIY, take a photo of your child conducting every step of the routine, print the routine and the photos, and attach the photos in the appropriate squares.

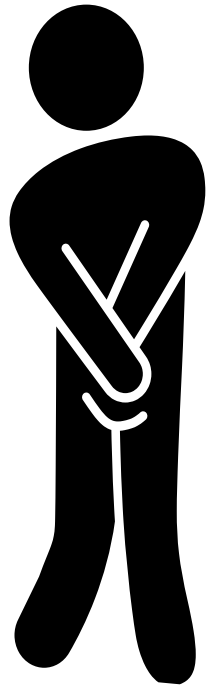
Print. Cut. Post.

The instruction for these visual routines is simply to print, cut on the dotted line and post. Whether you use the premade or personalized version, you'll want to post each routine in the location where your child will conduct it.

- Pre-Potty Routine: Child's bedroom, playroom and/or the family room (the living space where your child spends most of their time playing).
- Potty Routine: Bathroom near the toilet.
- Post-Potty Routine: Bathroom near the sink.

Refer to the routines often during the Potty Mastery process. Once your child is consistently successful with potty training, you may choose to remove the pre-potty and potty routines; however, many parents leave the post-potty routine or a handwashing routine up in the bathroom for years. (If your child backslides, which is exceedingly common, you may re-post the other visuals later as a helpful reminder.)

My Pre-Potty Routine

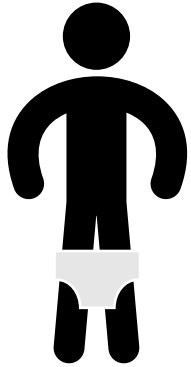


Feel the urge to potty.



Walk to the bathroom.

My Potty Routine



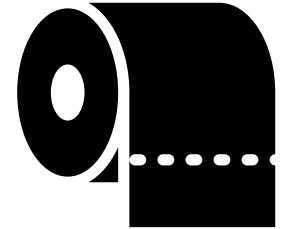
Push down bottoms
and underwear.



Sit on the potty.



Put pee and poop in
the potty.

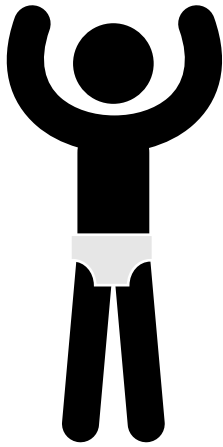


Wipe and put paper in
the toilet.



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My Post-Potty Routine



Pull up bottoms.



Flush.



Wash and dry hands.

My Pre-Potty Routine

Insert photo

Feel the urge to potty.

Insert photo

Walk to the bathroom.

My Potty Routine

Insert photo

Push down bottoms
and underwear.

Insert photo

Sit on the potty.

Insert photo

Put pee and poop in
the potty.

Insert photo

Wipe and put paper in
the toilet.

My Post-Potty Routine

Insert photo

Pull up bottoms.

Insert photo

Flush.

Insert photo

Wash and dry hands.