

# Boston Children's Hospital

## Poop Group Toileting Skills Checklist

*Instructions: Below is a list of skills needed for effective toileting. Some of these might be things your child has never learned, while others are things may be very easy for them. Please mark these not just as skills that your child is generally familiar with, but what they do consistently without arguing and caregiver support.*

HOW CONSISTENTLY DOES CHILD...			
	Never	Sometimes	Always
<b>GENERAL SKILLS</b>			
Flush toilet			
Wipe/cleans self			
Transfers poop into toilet from diaper/pull-up			
Throws away used diaper/pull-up			
Takes medication within 1 minute of being asked			
Practices blowing bubbles/pinwheels on toilet			
Independently pulls pull-up/underwear up/down			
Practices pushing out poop			
Wearing big-kid underwear			
Manages dirty underwear (e.g. cleaning, putting in laundry)			
<b>SITTING SKILLS</b>	Never	Sometimes	Always
Sits on toilet (small or big) with pants on			
Sits on small potty			
Sits on regular toilet, on top of lid			
Sits on regular toilet with small cover			
Sits on toilet using stool or squatty potty			
Sits on a toilet (big or small) for 10 seconds <u>with</u> diaper/pull-up			
Sits on a toilet (big or small) for 1 minute <u>with</u> diaper/pull-up			
Sits on a toilet (big or small) for 3 minutes <u>with</u> diaper/pull-up			
Sits on toilet (small or big) in pull-up with hole in it			
Sits on a toilet (big or small) <u>without</u> diaper/pullup for 10 seconds			
Sits on a toilet (big or small) <u>without</u> diaper/pullup for 1 minute			
Sits on a toilet (big or small) <u>without</u> diaper/pullup for 3 minutes			

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POOPING SKILLS	Never	Sometimes	Always
Poops in a squatting position			
Poops in the bathroom into diaper/pullup (far from toilet)			
Poops in the bathroom into diaper/pullup (next to toilet)			
Poops in bathroom into diaper/pullup (on toilet)			
Poops when prompted			
Initiates sit specifically to poop without adult prompt			
COMMUNICATION/BODY AWARENESS SKILLS	Never	Sometimes	Always
Talks easily about poop (e.g. reading a book about toileting, singing a song about poop)			
Asks for a diaper/pull-up prior to pooping			
Admits to caregiver that has had an accident when asked			
Tells caregiver immediately after has an accident			
Tells caregiver that has successfully pooped in toilet			
Tells caregiver that <u>will need to</u> poop			

HOW REGULARLY DOES CAREGIVER...	Never	Sometimes	Always
Ask child if they had an accident ("Did you poop in your pants?")			
<u>Ask</u> child about need to use bathroom ("Do you need to go?")			
<u>Prompt</u> child to go into bathroom ("Time to go into the bathroom")			
Talk/explain/process with child about poop or accidents			
Clean up child after accident			
Deal with mess of poop (e.g. wash clothes, throw away pull-up, throw away underwear, clean bathroom)			
Feel upset about accident and not show it			
Feel upset about accident and show it			
Allow child to return to preferred activity immediately after accident			