

Professional Resource

Your Potty Routine Planner

A structured template for building a calm, consistent routine




 [Daily Builder](#)  [Weekly Tracker](#)  [Caregiver Guide](#)


Daily Routine Builder

Schedule consistent potty sits throughout the day. Research supports timing sits with natural body rhythms.

Time	Routine Moment	Prompt Style	Notes
_____	Wake up	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
_____	After breakfast	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
_____	Mid-morning	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
_____	After lunch	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
_____	After nap	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
_____	Before dinner	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
_____	Before bath	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
_____	Before bed	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____

Prompt Styles






-  **Verbal**
Simple spoken cues like "Time for potty" or "Let's try." Keep language consistent.
-  **Visual**
Picture schedules or cards showing each step. Recommended by Autism Speaks for reducing anxiety.
-  **Timer**
App-based or physical timer for scheduled sits. Helps children know when sits end.

 Sources: Mayo Clinic recommends timing sits with meals, naps, and waking; AAP supports scheduled practice runs.

Weekly Tracker Grid

Track progress at home. Use neutral language — every attempt is a step forward.

-  Sat on potty
-  Pee success
-  Poop success
-  Miss

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Sat on potty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Pee success	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Poop success	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Miss	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Daily Win							

 We use "miss" instead of "accident" to keep language neutral and shame-free. Every attempt is progress!

Consistency Across Settings

Align routines between home and daycare/school for better outcomes.



"Consistency across caregivers is one of the strongest predictors of progress."

When all caregivers use the same language, timing, and approach, children learn faster and feel more secure.



At Home

Words we use

Prompt frequency

Reward style

Who handles cleanup



At Daycare/School

Words we use

Prompt frequency

Reward style

Who handles cleanup



Sources:

- Autism Speaks Toilet Training Guide: "Everyone working with your child should use the same language and the same routine."
- HealthyChildren.org (AAP): Consistent routines help children feel secure and learn faster.

Notes for Your Provider

Bring this to your child's pediatric or therapy appointment.

Child's name

Age

Training start date

Current method

Biggest challenge

Constipation?

Y N

If yes, details:

Stool pattern this week

Frequency, consistency, pain?

Questions for provider



Export to YourPottyPal App

Scan to sync this planner with your digital tracker. Share progress with your care team.

 yourpottypal.com/app

For general education only. Not medical advice.

Consult your child's healthcare provider for personalized guidance. Every child develops at their own pace.

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