

Montessori Toilet Learning Cheat Sheet

Potty Phrases & Readiness Tips for Parents and Caregivers

Signs Your Toddler May Be Ready

- 🕒 Staying dry for 1.5–2+ hours at a time
- 🗣️ Telling you when they're wet or soiled
- 🚽 Showing interest in watching others use the toilet
- 🪑 Can sit independently and help pull pants up/down
- 🧠 Understands simple sequences (pee → potty → change)
- 🔍 No longer hides to poop or seeks privacy
- 📅 Follows a predictable daily rhythm (meals, sleep, etc.)

Montessori Potty Phrases to Try

- 💬 "It's time to sit and try to get all of our pee and poop out."
- 👁️ "I noticed your body is wiggling. Let's take a potty break."
- 😊 "You're learning something important. I'm here to help."
- 🧼 "Let's go change together and get clean underwear."
- 🪑 "Your body is telling us it already went potty. Let's clean up."
- 📢 "When you feel the pee/poop coming, that's your cue to try sitting."
- 🪑 "We take care of our bodies by going potty and washing hands."
- 🗣️ "It's okay to try again. Accidents are part of learning."
- 👤 "This clothing helps your body learn. Let's get dry together."
- 🧺 "Time to help put your wet clothes in the laundry."
- 🙌 "You listened to your body! That's what learning looks like."

Phrases to Avoid (And Why)

- 🙋 "Do you have to go potty?" – Toddlers often don't recognize the feeling until it's too late.
- 🚫 "Good job!" – Try to focus on the process, not praise or reward.
- 😊 "You're a big boy/girl now!" – Can add pressure or feel shaming.
- 😞 "You had an accident again?" – Avoid framing it as a failure.
- 😡 Any language that expresses disappointment, blame, or urgency.

Encouragement for Adults

- ✓ Toilet learning is not a race—it's a process of awareness and independence.
- ✓ Focus on consistency and observation, not results.
- ✓ Support your child with calm language, a prepared environment, and respect.
- ✓ Accidents are information, not failures.
- ✓ You're not behind. You're building life skills with love and trust.