

Potty Training Advice from an Occupational Therapist

In Home Services in Scottsdale, AZ + Surrounding Areas • Text or Call 480-269-0173

When is the Right time to start?

Children typically begin potty training between 2–4 years, but every child is different. Here are signs your child might not be ready yet and could benefit from OT support:

- Avoids interactive or pretend play
- Struggles with routines or transitions
- Avoids puzzles, blocks, or fine motor toys
- Shows little awareness of physical sensations (like wet/dirty diaper)

How Motor Skills Affect Success

Children with postural control or coordination challenges may:

- Fall or bump into things often
- Struggle with balance while sitting or standing
- Avoid stairs, tricycles, or climbing
- Have trouble sitting upright on the potty

OTs help strengthen core and coordination to support safe, confident potty use.

Emotional Regulation & Potty Training

Potty training requires flexibility, new routines, and body awareness. Your child may need support if they:

- Have frequent meltdowns or overreact to changes
- Refuse to sit on the potty or try new steps
- Struggle with frustration or transitions

Is Your Child Ready to Start?

- Does my child recognize when they're wet or dirty?
- Do they show interest in the toilet?
- Do they stay dry for 1–2 hours at a time?
- Can they follow simple directions and participate in routines?

If you answered “No” to one or more, an OT can help develop the foundational skills needed for success.