# My One-Step Potty Chart

An optional place to mark a try. Use a pen, crayon, or sticker.

**CHOOSE ONE STEP**

- ☐ I try sitting comfortably on the potty.
- ☐ I try pulling my pants down or up, with help.
- ☐ I let a grown-up know I need help - before or after my clothes get wet.
  Words, a gesture, or my usual way of communicating.
- ☐ I wash my hands with help.

One mark for each practice of your chosen step. Help is welcome.
If your child chooses to sit for a moment, it can count without pee or poop.

Let your child get up when they want.
If clothes get wet, help your child change and keep earlier marks.
If your child doesn't want to use the chart, put it away. No need to fill it.

Grown-ups: if using the potty hurts or your child keeps holding back poop, contact your child's healthcare professional. Don't wait to fill this page.