Poppy's Potty Training Pack

A bright little pack for potty learning and potty wobbles

Poppy, her big brother Riley and her mom, Rosie, help Teddy get to know the potty.



Trying counts.

Every little step is part of learning.

Collyvale
collyvale.com
A little place for big feelings.

collyvale.com · © Collyvale 2026
Free to print for personal, home, preschool and educational use · No resale or alterations

A little note for grown-ups

Potty learning is a skill - not a test.

Learning, not waiting for a perfect moment

Children learn potty skills through gentle practice and repetition. Some children show lots of signs that they are noticing what their body is doing; others may show very few. Your child does not need to check every box before you begin introducing potty skills.

Things you may begin to notice

- They notice or tell you when they have peed or pooped.
- They begin to recognize a body clue before a pee or poop.
- They show interest in the potty or toilet.
- They help pull underwear or pants down and up.
- They stay dry for longer stretches sometimes.

When to ask for help

If potty time seems painful, your child regularly holds on, poop is hard or difficult to pass, or accidents suddenly increase after a dry period, ask your pediatrician for advice. Constipation is common around potty learning and is worth dealing with early.

More help: American Academy of Pediatrics · healthychildren.org

Read Poppy's story

Poppy's story continues in *Poppy and the Potty Wobble*. You don't need the book to use this pack.

collyvale.com · © Collyvale 2026
Free to print for personal, home, preschool and educational use · No resale or alterations

Getting to know my potty

Make the potty familiar before it needs to do any important jobs.



Poppy’s shiny blue potty

Hello, potty!

You can look at it, sit near it, sit on it with clothes on, or let Teddy have a pretend turn. There is no hurry.

Draw or write:

My potty is this color:

I keep my potty here:

Something that helps me feel comfy:

collyvale.com · © Collyvale 2026
Free to print for personal, home, preschool and educational use · No resale or alterations

Poppy’s potty routine

A simple sequence children can learn one little step at a time.

1 **Notice**
My body gives me a clue.

2 **Tell**
I tell my grown-up.

3 **Pants down**
I pull my clothes down - with help if I need it.

4 **Try**
I sit and give it a try.

5 **Wipe**
I get clean and comfy.

6 **Pants up**
I pull my clothes back up.

7 **Flush**
Bye-bye, pee or poop!

8 **Wash**
Soap, water, rub, rinse and dry.

I don’t have to do every step by myself yet.

collyvale.com · © Collyvale 2026
Free to print for personal, home, preschool and educational use · No resale or alterations

Poppy's trying chart

Add a star whenever your child practices one of these steps.

My step	Mon	Tue	Wed	Thu	Fri	Sat	Sun
I noticed	○	○	○	○	○	○	○
I told someone	○	○	○	○	○	○	○
Pants down	○	○	○	○	○	○	○
I sat & tried	○	○	○	○	○	○	○
I wiped / helped	○	○	○	○	○	○	○
Pants up	○	○	○	○	○	○	○
I flushed	○	○	○	○	○	○	○
I washed hands	○	○	○	○	○	○	○

The goal is practice - not a perfect week.

An empty circle simply means "not today". No one has failed.

collyvale.com · © Collyvale 2026
Free to print for personal, home, preschool and educational use · No resale or alterations

Poppy's little trying stars

Cut them out, color them in, or use them on the chart.



Grown-ups: please help with cutting.

Praise, a cuddle and noticing the effort are lovely rewards too.

collyvale.com · © Collyvale 2026
Free to print for personal, home, preschool and educational use · No resale or alterations

Wash, wash, wash!

Poppy’s handwashing sequence.

1 **Wet**

Wet hands with clean running water.

2 **Soap**

Add soap.

3 **Rub**

Rub palms, backs, between fingers and around thumbs.

4 **Rinse**

Rinse the bubbles away.

5 **Dry**

Dry hands well.

Make the rubbing last about 20 seconds

Try a short rhyme while you scrub:

“Bubbles on my fingers, bubbles on my thumbs - rub, rub, rub until the rinsing comes!”

collyvale.com · © Collyvale 2026
Free to print for personal, home, preschool and educational use · No resale or alterations

Whoops! Accidents happen

A reassurance page for children and grown-ups.

A puddle is not a problem.
It is something we sort out together.

Sometimes pee or poop comes before we get to the potty. Clothes can be changed. Floors can be wiped. Bodies can be washed. Then the day carries on.

Poppy says:

"Whoops!"

"Let's get comfy again."

"My body is still learning."

"I can try another time."

For grown-ups

If poop is hard, painful or difficult to pass, or your child is regularly holding on, speak to your pediatrician. Trying to push through constipation can make potty learning harder.

collyvale.com · © Collyvale 2026
Free to print for personal, home, preschool and educational use · No resale or alterations

My potty helpers

Circle, draw or write the things that help you.

My favorite book or toy for potty time

A grown-up I can ask for help

Clothes I can pull down and up easily

Something that helps me stay calm

There is more than one right way to learn.

collyvale.com · © Collyvale 2026
Free to print for personal, home, preschool and educational use · No resale or alterations

Collyvale certificate

I'm learning!

This certificate belongs to

_____

for practicing potty time and keeping on trying.



Date: _____

Grown-up: _____

Trying counts. Every little step counts.

collyvale.com · © Collyvale 2026
Free to print for personal, home, preschool and educational use · No resale or alterations