Toilet Training

Information & Resources

Did you know that students enrolling in kindergarten must be fully toilet trained?

*HB 331, 2024



Toilet training isn't just about learning a new skill, it's also about building confidence and independence in your child.

Remember, learning takes time and mistakes are part of learning.



General Toilet Training Tips

- Look for signs that your child is ready, such as staying dry for longer periods, showing interest in using the toilet, or expressing discomfort with dirty diapers.
- Establish a regular routine, including times for sitting on the toilet, such as after meals or before bedtime.
- Consider a child-sized toilet or toilet seat that fits on the regular toilet. A step stool can help with reaching the toilet and sink.
- Make it fun with stickers, books, songs, and success charts.
- Be patient. Expect accidents to happen, especially at first. Stay calm and offer reassurance. Avoid showing frustration or disappointment.
- Reach out. Ask questions, look for resources, talk to other families.

Online Toilet Training Resources

Many resources are available to help you and your child. Here are just a few:

- healthychildren.org: toilet training information, children with special needs
- theBUMP.com: how to get started
- Parents.com: toilet training information
- Mayoclinic.com: timing and techniques
- kidshealth.org: toilet training information
- rb.gy/ytbk12: toilet training approaches, Mount Sinai Parenting Center



Questions

Let a teacher, school counselor, or family advocate know if you have questions. Your child might have special needs that keep them from successful toilet training. Interventions or accommodations may be appropriate.

Provided by Davis County's Abuse Prevention Workgroup, August 2024