Ready, Set, Go!

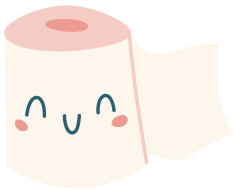
A Parent's Guide to Toilet Training for Kindergarten



As a parent, you want to set your child up for success in kindergarten. Utah Code Section 53G-7-203 requires children to be toilet trained before starting school. Here are some tips to help you with this important transition!

Practical Tips and Tools

Use visual aids: Use stickers to encourage consistency after each successful bathroom trip or use visual charts to track their progress.



Toilet training books and videos: There are many fun and educational books and videos that can help your child understand what's expected and make learning feel like a fun adventure.

Keep supplies handy: Accidents are part of the process. Keep extra clothing, wipes and pull-ups in your bag when you go out, so you're always prepared.

Be patient and flexible: Toilet training isn't a race. It's important to stay flexible and adjust your approach based on what works best for your child. Some children may need more time, and that's perfectly okay!



Toilet Training is Important and Helps Build Confidence!

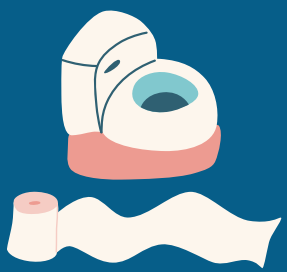
Learning to use the toilet boosts your child's self-esteem and shows them that they can do things on their own!

Need Accomodations?

Let your school counselor or social worker know if you think your child might have special needs keeping them from succesful toilet training.

Common Challenges

Accidents happen: It's normal for children to have accidents as they learn. Don't punish them; stay patient and offer reassurance.



Resistance: Some kids may resist training. Keepit positive, avoid pressure and make bathroom time fun with rewards or praise.

Nighttime training: Nighttime training can take longer. Use waterproof sheets and encourage bathroom use right before bed to help with dry nights.



Make it Fun
Consider how to motivate your child with stickers, songs or success trackers so they can to see their progress.

Create a Routine
Encourage your child to use the bathroom at regular times throughout the day, like after meals or before bed.

Find Your Way
There are different methods to toilet training. Use the one that feels right for your family.

Stay Positive
Offer praise for trying and celebrate small victories. A positive attitude makes the process easier!

Provide Comfort
Try a child-size potty or toilet seat insert to make sitting on the toilet feel comfortable and secure.

You Got This!
With patience, consistency and a positive mindset, you can help your child navigate this milestone with confidence





Mobile Apps

Pull-Ups Big Kid App
Provides tools and resources, including a potty training plan and tracking tools.

Potty Time with Elmo
A fun app featuring Elmo and other characters to help motivate and teach your child about using the toilet.

Toilet training is a big milestone, and every child progresses at their own pace.

Take your time, stay patient, and remember that it's okay to ask for help when you need it.

You've got this!

Utah State Board of Education