

COUNTDOWN TO KINDERGARTEN

Toileting Skills



Toileting can be a tricky topic for families of young children. Each child moves toward independent toilet use at their own pace. Your family can do what works best as you work toward your child's goal of using the toilet on their own. When children transition to kindergarten, teachers and staff are ready to meet children where they are. This includes toileting!

At school, children will attempt to use the restroom on their own. It does not matter if your child is completely toilet trained, there are parts of toileting that they can begin doing on their own. Go through the checklist with your child. Keep practicing the skills that your child cannot do yet.

Yes	Independent Toileting Skill
	I can tell a grown-up when I need to use the restroom.
	I can pull my pants down and back up when I use the toilet.
	If I use a urinal, I can lower my pants just enough to use the restroom without exposing my lower body.
	I can use toilet paper to wipe myself.
	I can flush the toilet.
	I can wash my hands.



For Parenting Adults

Considerations as Children Transition to Kindergarten

- Dress your child in clothes that are easy for them to take down and pull back up.
- Share your child's toileting needs with their kindergarten teacher. Teachers can help your child set and meet goals when using the restroom at school.
- Put extra underwear and sets of clothes in your child's backpack in case of accidents.
- If your child has medical needs related to toileting, talk to your child's healthcare provider or specialist. They can complete forms to help schools create a plan to address these needs.

Tips for Toilet Training

- Praise your child when they try to use the toilet, even if they have an accident. When you do this, they will not feel anxious about the process.
- Make a plan. Have your child try to use the toilet when they wake up in the morning and after naps, before leaving your home, before naps and bedtime, and before meals.
- Use this [resource from JCPS Early Childhood](#) to learn more about toilet training. It includes a chart to track times when your child succeeds in part of toilet training.