

Helping Your Child with Toilet Learning

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OBJECTIVES

- Participants will:
 - Be able to identify toilet learning readiness skills
 - Be able to identify toileting patterns specific to their child
 - Learn basic prompting and reward strategies
 - Learn a basic toileting teaching sequence



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When Should We Start?

- **The child is aware that his/her diaper is soiled and may request to be changed**
- **The child shows an interest in using the toilet**
- **The child's bladder muscles are developed enough to hold urine (remain dry for at least 1 ½ to 2 hours)**
- **The child can communicate his/her needs (verbally or nonverbally)**
- **The child can follow simple instructions and assist in dressing**
- **The parent/caregiver has time to devote to training**



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What if My Child Isn't "Ready"?

- Barring major physical disabilities and/or medical conditions, most children can and should be toilet trained.



Getting started

- **This is a learning experience that requires practice and may take time**
- **Consistency is important!**
- **Dress the child in loose clothes; have the child pull up/down pants**
- **Goodbye diapers!**
- **Select rewards for the child (may need to be more than praise)**



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What do we Need to Get Started?

Potty seat that fits over toilet
Timer
Data on urination (taken week before)
Multiple pairs of underwear
Favorite drinks and snacks
Rewards, Rewards, Rewards!



Pull ups versus underwear

- Underwear is best
- Buy underwear which are two times larger than your child's size – easier to manipulate
- Can use plastic pants over underwear
- Diapers or pull ups can be used at night until your child is fully trained during the day
- Be prepared for many accidents the first few days and be sure to have enough underwear



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Factors to Consider

- Before you initiate toilet training, ensure that you are changing diapers frequently. You do not want your child to think it is "ok" to be wet. Make sure that the diaper changing occurs in the bathroom (not on a changing table).
- When changing a wet diaper, maintain a neutral affect/demeanor. Do not make the diaper change "fun".
- Boys should sit on the toilet/potty until they are fully bowel trained. Bladder control usually comes first.



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More factors

- Identify and record when your child urinates or has a bowel movement
- Urine training usually comes before bowel training
- Caregivers can start prompting the child to put stools from diaper into the toilet and then prompt the child to flush
- Be consistent in the language you use (toilet versus potty, pee pee versus wee wee etc.)
- Place child on toilet in the morning and before bath time



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Finding the Right Rewards

Observe your child during free time

Limit access to preferred foods/toys to increase motivation

Start with powerful rewards – not just stickers!

What is motivating one minute, may not be the next

When starting training rewards will be delivered frequently

Rewards are faded as the child is successful



Sample schedule

- Most children should be taken at least twice an hour
- Use a standard statement like "It is time to go to the bathroom"
- Encourage them to communicate the word "potty" either by vocal, signs or picture.



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Example of Schedule

- 9:00-9:05 offer/encourage fluids
- 9:10 dry pants check
- 9:15 dry pants check
- 9:20 dry pants check
- 9:25-9:30 prompt to use toilet
- Repeat schedule if child voids successfully
- Adjust schedule if child does not void
- Remember to reinforce immediately following each successful void




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*Start exactly on the half-hour (i.e. 8:00 or 8:30). Check under the appropriate item when completed. Repeat the following steps every half-hour until a self-initiation occurs

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30
1. Gave as much fluid as child would drink while seated in his chair. Note number of cups of fluid -5 minutes																		
2. (5 minutes) consumed.																		
a. Five minute pants check																		
b. Five minute pants check																		
c. Five minute pants check																		
d. Five minute pants check																		
2. Directed child to pull his pants down using the minimal possible prompt																		
If child voided:																		
a. Gave edibles/tangibles and praise while he was seated. Then directed him to stand																		
b. Directed child to flush toilet using the minimal possible prompt.																		
c. Note each time of voiding																		
5. If child did not void within 5 minutes of drinking the fluids, directed him to stand.																		
6. Directed child to pull up his pants using the minimal prompting possible prompt.																		
7. Inspected child for dry pants 5 minutes after leaving potty and every 5 minutes thereafter; gave edible and praise if pants were dry. Start next 30 minute interval																		
8. If accident occurred:																		
a. Implemented Positive Practice procedure 5 times. Note time of occurrence.																		

Adapted from Vince Carbone and Associates The Center for Autism Treatment 2009



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Malcolm Baldrige
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