
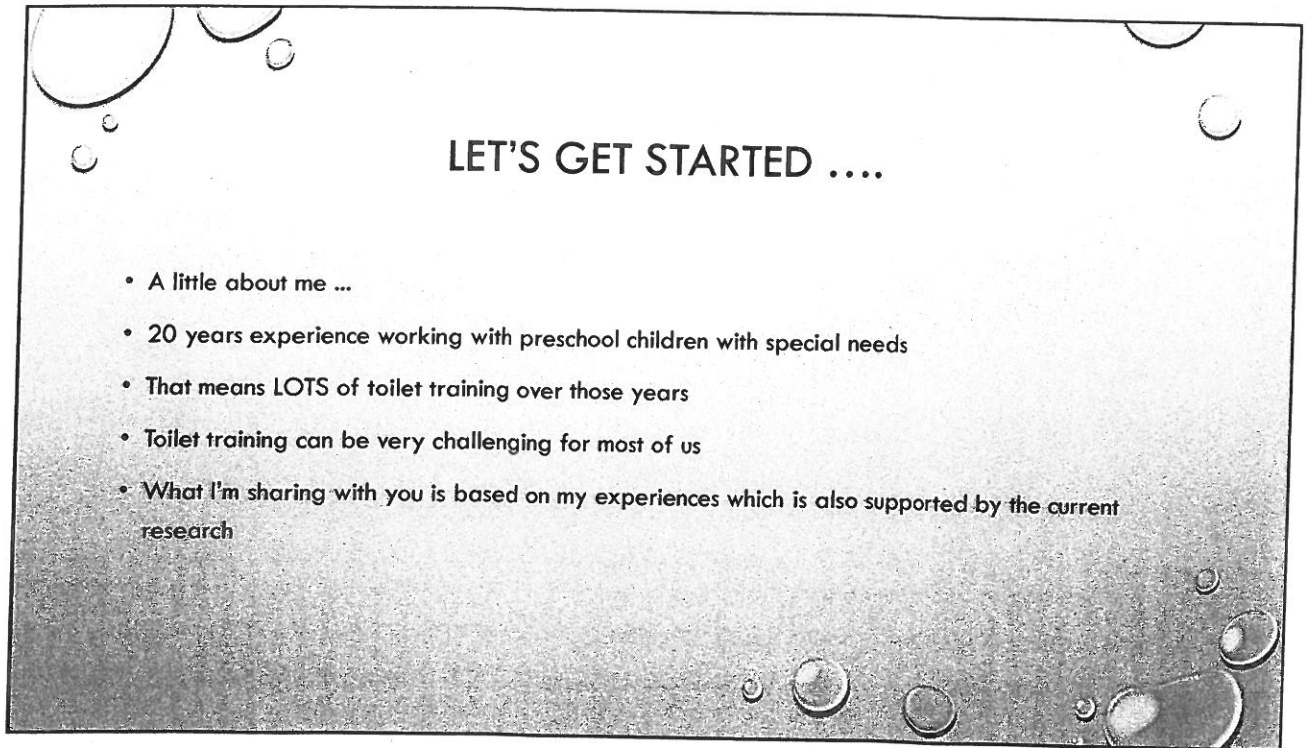


TOILET TRAINING



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LET'S GET STARTED

- A little about me ...
- 20 years experience working with preschool children with special needs
- That means LOTS of toilet training over those years
- Toilet training can be very challenging for most of us
- What I'm sharing with you is based on my experiences which is also supported by the current research

STEP 1 ...

- **YOU** have to be ready and mentally prepared for the challenge !!!
- It takes commitment and consistency for the process to be successful in the shortest amount of time.
- The **child** also has to be ready.
- As babies, eliminating is a reflex they have no control over
- As they get older they develop more control ... so you can't start too soon
- The research suggests 30-36 months is usually a good time to begin
- But factor in your child's *developmental age* not just their chronological age



SIGNS OF READINESS

- Your child is quick to take off their diaper or pulling at diaper when soiled or wet.
- Your child is asking you to change their diaper or vocalizing displeasure
- Your child is bringing you a clean diaper
- Your child "hides" or goes to a private area to eliminate
- Shows discomfort, crosses legs or begins to fidget
- Does your child imitate or have an interest in the toilet because he sees you or siblings going?
- Do they stay dry for long periods of time during the day?
- Do they wake up dry in the morning?



LET'S FIRST CHANGE UP THE ROUTINE



- **Let's prep them ...**
- Begin to reduce your social interactions during diaper changing
- Use a more neutral tone when the diaper is soiled and be super excited when the diaper is dry
- Let's have them start sitting on the adult toilet with clothes on so they are not scared of it
- Begin changing diapers in the bathroom since this will now be the place to eliminate
- When a diaper is soiled, dump it in the toilet and tell them, "This is were pee-pee and poo-poo goes"
- Have them watch you and their siblings use the toilet
- Read them stories books about toileting, create social stories, watch kid friendly potty training dvd's, etc.

STEP 2 ... TRACKING ELIMINATIONS

- TOILET TRAINING TRACKING SHEET.DOCX
- TOILET TRAINING TRACKING SHEET 2.DOCX
- NO training is going on right now ... Just tracking for a possible patterns
- Track all eliminations for a week to see a possible pattern in ...
 - Times of day for BM or
 - How long they are able to stay dry
- This will help us determine how often/what times we will bring the child to the toilet when training.



PROCESS FOR THIS ASSESSMENT TIME ...

- Make it stress free ... keep a neutral tone to your voice when checking for dry pants.
- "Let's go see if you have dry pants" vs.
~~"Do you want to check for dry pants?"~~ (Always use directives and not questions)
- Whether wet or dry keep a neutral tone and record the data and state ...
 "You are wet" or "you are dry" (guide them to feel the wetness)
- Change your child's diaper/pull-up with very **little reaction or commenting**
- Set your timer and recheck in 30 minutes recording your data each time
- If your child is wet each time ... shorten the interval to 15 minutes ...



LET'S LOOK AT THE DATA

- So what is the data telling you ?
 - Does your child regularly have a BM at a certain time of day?
 - Are they regularly wet right after a meal?
 - Is there no rhyme or reason to their toileting pattern?
- Use that information when you begin formal toilet training
 - Make sure if your child regularly has a BM at 2 pm, he goes on the potty at that time
 - Make sure your child goes on the potty after meals
- This information will help you **"catch"** the child so they eliminate on the potty



STEP 3 ... READY, SET, HERE WE GO ...

- **Materials needed:**
 - Underwear (lots of it)
 - Comfortable clothing (stretchy waist bands the child can easily pull up/down)
 - A timer
 - Visuals of bathroom and toileting process
 - bathroom icons
 - bathroom routine
 - handwashing routine
 - Toilet training tracking sheet
 - A very high Reinforcer "only" used for toileting



WHAT KIND OF POTTY?

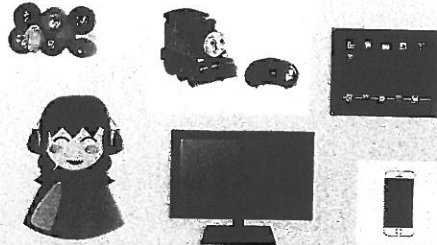
- So what kind of potty works best?
 - Start on the regular house toilet with an insert and a step stool
 - You don't want to **Re-teach** the skill if using a separate traditional one
- We may have to start on just "sitting" on the potty first depending on your child
 - If that's the case we will have them sit for a few seconds, **reward** them and state, "I like how you're sitting on the potty" Gradually increase time as they are more comfortable



WHAT KIND OF REINFORCER

- **ANYTHING** your child will do handstands for !!!!!

- Edible
- Tangible toy
- Favorite show
- Access to iPad, computer, iPhone app
- Favorite music



- **They can only have access to whatever you choose for successful elimination on the potty**

- Keep it out of reach but visible (preferably in the bathroom) and remind your child what they are working for throughout day

THE PROCESS ...

- Place your child in **underwear**



- A pull-up can be used **"over the underwear"** while traveling in car
- A pull-up can be used for overnight



- **Set your timer for 30 minutes ... when the timer goes off ...**

- **Give** your child the **"bathroom symbol"** have them match it to the bigger one in bathroom
- **Say**, "I want bathroom" or "I want potty" and nothing more (we are indirectly teaching to request)
 - ***** Do not ask them if they want to go potty always a directive, "Time to go potty, I want potty"**

THE PROCESS ...

- **Physically guide** your child to the bathroom
- **Hand-over-hand** have them lower their pants and underwear (we are indirectly teaching self-help skills as well) and help (for balance) them sit on potty **** **Do not** place them on the potty (teaching independence)
- **Set timer** for 5 minutes (if that's too long, set it for 3 minutes)
 - Visual timers help child see how much time is left
 - Provide encouraging words, "Nice sitting" "I like how you're sitting", "it's almost time, you can do it!!!"



THE PROCESS ...

SUCCESSFUL ELIMINATION



- **HUGE VERBAL PRAISE !!!!** "Great job doing pee-pee on the potty !!!!"
- Child gets to flush the toilet (may also be reinforcing)
- HOH help your child wipe (when needed)
- HOH help your child pull up their clothing and wash their hands.
- Immediately present with **special reinforcer**
 - Only give the child 5 - 10 minutes then it is placed out of reach again for the next time they successfully eliminate.
- Document on tracking sheet
- Reset timer for 30 minutes

NO ELIMINATION



- When timer goes off, use a neutral voice, "nice trying to do pee-pee on potty", "no pee-pee" "stand up"
- HOH help your child pull up their clothing and wash their hands
- **DO NOT** allow access to reinforcer ...
- **DO NOT** allow child to flush toilet
- Document on tracking sheet
- Reset timer for 30 minutes
 - However, if they just had lunch and a drink and you think they will need to go soon, be proactive and set it for 15 minutes to try and catch them on the potty.

TOILETING ACCIDENTS ...



- Assist your child to feel they're "wet" pants and say, "You are WET" (emphasizing the word "wet"), "Pee-pee/poo-poo go in the potty"
- Use your neutral tone and no other language, flat affect on your face limiting your social interaction and reduce your eye contact
- HOH have them take off their wet clothes ... let them struggle a bit
- HOH help child get dressed in dry clothes and wash hands
- Bring them back to what they were doing before the accident
- May be a good time to review a social story, read a toileting story book, etc.
- No flushing of toilet
- Don't forget to document on tracking sheet

LET'S TAKE A LOOK AT THAT TRACKING SHEET

- TRACKING SHEET EXAMPLE
- First day ... many accidents
- Second day ... less accidents
- Third day ... urinated 3 times
- Fourth day ...urinated 4 times and dry all day
- Fifth day ... urinated 6 times and dry all day
- Consistent BM around 9 am
- Increase time interval by 15 minutes after 2-3 days of 1 or 0 accidents

SOME HELPFUL HINTS ...



- Watch them like a hawk ... observe their body language
 - Are they hiding in corner, wiggling, crossing legs, excessively running around all of a sudden, touching self, etc.
- Take them to the bathroom immediately after waking from night or naps and after meals or a lot of drinks, last thing before leaving the house, first thing upon return to the house
- If you catch them starting to have an accident, call their name loudly (this might startle them and the reflex will stop the flow), say, "bathroom" and quickly take them in (you can help with clothing more since we want them to finish in the toilet ... just this time though ☺ If they are able to finish in the toilet you will count it as a successful elimination.

SOME HELPFUL HINTS ...



- Try not to have them read books or play with toys while sitting on the toilet... We don't want them distracted and want them to learn what that full bladder feeling feels like.
- Don't forget to increase your time by 15 minutes once you have 2-3 days with 1 or 0 accidents
- Boys should begin by sitting for both and once urination is mastered you can then teach to stand
 - Have them watch father's/boy siblings as models
- Generalize this skill to different toilets ... bring the potty seat insert with you at first so there is something familiar
 - Other people's homes
 - Community

SOME HELPFUL HINTS ...



- **NO PUNISHMENT !!!!** Use positive words and enthusiastic tone OR neutral tone
- If your child is holding it in ... give them free access to drinks to increase fluid intake
- If toilet training has become a battle and there has been no success even though you have been consistent and have given it enough time ...
 - Rule out any possible medical concerns (infection or immature bladder)
 - Your child may not be ready
 - It may be appropriate to take a break and revisit in a couple of months, HOWEVER, starting and stopping toilet training is not recommended because
 - You may accidently teach them that having accidents eventually gets their diapers back.
 - This becomes extremely confusing for the child and it will take longer to learn

ANY QUESTIONS ???

