



TOILET TRAINING TIPS AND TRICKS

Presented by:

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IS YOUR CHILD READY FOR POTTY TRAINING?

○ Readiness Skills

- Compliance
 - Follows simple instructions
- Motor Skills
 - Climb onto toilet?
 - Sit independently
- Dressing
 - Assist with or independently pull pants up and down
- Communication
 - Can understand basic instructions
 - Can communicate needs to others
- Bladder control
 - Empties bladder all at once (no dribbling)



DEALING WITH COMPLIANCE ISSUES?

- Reinforcement vs. Punishment
- Follow through when instructions are given
- Add additional stimuli to provide support
 - Visual to aid in transition
 - Social narrative

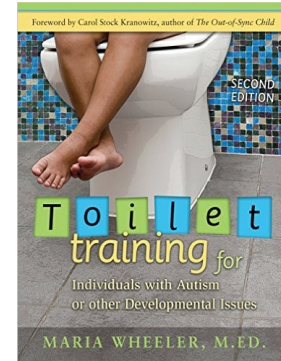
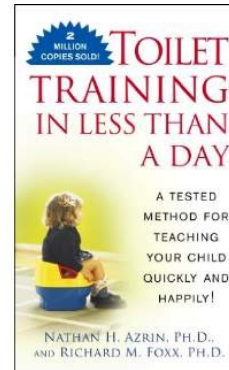


Potty



WHAT YOU'LL NEED..

- Potty chair or insert
- Stool
- Potty book/ movie
- Potty doll
- Plastic Pants
- Adaptive equipment
- Reinforcers



FIRST STEPS

○ Demonstration

- Let your child watch you or siblings
 - Talk about it – use key words/ phrases
- Use books/movies/dolls (create your own!)

○ Flooding

- Use preferred liquids
- Salty foods to increase thirst

○ Collect data on wet vs. dry

○ Remove diapers/pull ups during the day

- Use only at naps and at night
- Keep child in underwear or naked

○ Start daytime training!



METHODS OF TRAINING

○ Schedule Training

- For who?
 - Children with limited communication
 - Parents with limited time
 - Children who may be described as “stubborn”

○ Independent Toileting

- For who?
 - Children with good receptive and expressive language
 - Children who are more “easy going”
 - Children who are very comfortable in the bathroom and can sit for longer periods of time
 - Children with more independent motor skills



SCHEDULE TRAINING

○ Steps

- Flood
 - Increase liquids = increase opportunities
- Take child to bathroom at set intervals based on data
 - 60-90 minutes is common but use your BL data!
 - Use key word/ sign EVERY time
- Keep child on potty for 5-10 minutes
 - Give attention/ praise and let child play with mildly preferred toys while sitting
- If child voids **REINFORCE**
 - Use preferred toys/ snacks and lots of attention
 - Reinforcers are withheld and given only when child voids
 - Use key words/signs - e.g. “pee pee”
 - Bring child back to bathroom at next interval



SCHEDULE TRAINING

- If child does not void...
 - Remove child and do not reinforce
 - Reduce the interval by half
 - E.g. set at 60, shorten to 30 minutes
 - Showing signs of voiding – take child to bathroom before next interval
 - Use key word again
- Continue until child consistently shows awareness when voiding
 - Look for:
 - smiling right before (anticipation)
 - looking into toilet before or while going
 - self-reinforcement



SCHEDULE TRAINING

- Lengthen the schedule
 - Look at when accidents are occurring
 - If at particular time of day – take child more frequently and lengthen other times of day
 - Lengthen at least 15 minutes at a time
- Schedule length
 - Varies from 1 hour to 2-3 hours
 - Can schedule by activity not time
 - Good for children with consistent schedules
- Completion
 - Less than 2 accidents per week
 - Begin teaching initiation
 - Work on motor and dressing skills to promote independence



INDEPENDENT TOILETING

○ Steps

- Flood
- Set up the bathroom
- Keep child on the potty until s/he eliminates
 - Reinforce and give break from bathroom 5-10 mins
- Put small chair next to toilet - have child sit as long as possible
- First trial in chair
 - Child starts to go – place on toilet and reinforce
 - Give another 5-10 min break from bathroom



INDEPENDENT TOILETING

- Subsequent trials
 - Child sit on chair next to toilet
 - DO NOT PROMPT
 - If child has accident..
 - Let them have complete accident
 - Ignore and then correct
 - Next trial go back to previous step
 - Child is successful – move chair away from toilet
 - Once chair is moved outside of the bathroom begin to add layers of clothing
 - Underwear and pants on at least
 - Continue to move chair until in another room
 - Back down to previous step when accident occurs



INDEPENDENT TOILETING

○ Completion

- Child far from the bathroom
- Less than 2 accidents per week
- Work on motor and dressing skills to promote independence



ACCIDENT PROTOCOLS

- ACCIDENTS WILL HAPPEN!
- Identify reinforcers and punishers
 - Use information to create an individualized accident protocol for your child
- Do not use physical punishment after an accident
- Technique
 - Use neutral to firm tone to alert child
 - Use key words or signs
 - Be brief - NO lecturing
 - Have child help clean up and get dressed??
 - Consider positive practice
 - Reduce rate of reinforcement after accident
- Conduct dry pants check
 - Every 15-30 minutes
 - Don't forget to reinforce dry pants!



BOWEL MOVEMENT TRAINING

○ Readiness

- Word/ sign
- Signals before, during, or after
 - E.g. hiding
- Stools are normal consistency

○ First Steps

- Track
 - More frequent = less tracking
 - Look for patterns
 - Time of day
 - # of days in between
- Increase fiber & fluids



BM TRAINING

- Begin training
 - Look at history
 - Pooped in potty before?
 - Painful/ hard BM?
 - Tried BM training and failed?
 - Types of training
 - Contracting
 - Catching
 - Fading



TYPES OF BM TRAINING

○ Contracting

- For who?
 - Good receptive/ expressive language
 - Had some success on potty or show strong interest
- Steps
 - Child pick out a special toy
 - Only for BM
 - Rule reminders
 - Reinforce dry/clean pants



TYPES OF BM TRAINING

○ Catching

- For who?
 - Rituals for BM
 - NOT afraid of toilet
- Steps
 - Attempt to contract
 - Child beginning to go – take to the toilet
 - Use key words
 - Reinforce
 - Slowly increase demand to receive reinforcer
 - Continue with dry/clean pants check



TYPES OF BM TRAINING

○ Fading

- For who?
 - Resistant to BM training
 - Afraid of having BM in toilet
 - Wait for diaper (or asks for one!)
- Steps
 - Teach child to request diaper
 - Put diaper on in the bathroom and allow child to eliminate
 - Reinforce
 - Prompt to dump in the toilet
 - Once successful then sit on toilet with diaper
 - Slowly fade diaper off
 - Make reinforcers available throughout training
 - Can also incorporate contracting



QUESTIONS?





THANK YOU!

More questions? Need a virtual consult? Interested in a conference or presentation for your group?

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