

## **Toilet Training General Procedures**

### Preparing the Bathroom Environment

- The bathroom should be an inviting place, place to keep, reinforcers, and picture/story books or other preferred items that can be available in that setting
- Buying a stepping stool may be necessary so that the child can reach the toilet and sink.
- Buying a potty seat to go over the toilet can help children be more comfortable and decrease fear of falling in.
- If needed for communication visual aids, such a clear picture of the toilet, and visuals of the steps involved in using the bathroom should be placed at the child's eye level near the entrance of the bathroom and in the bathroom where the child can see them and refer to the visual instructions

### Preparing Your Child for Potty Training

1. There are some prerequisite skills that the child should have prior to initiating toilet training.

These include:

- a. being able to sit on a chair for at least 1-3 minutes
- b. being able to hold urination for at least 1 hour following last elimination. This indicates that the bladder is no longer under reflexive control.

2. Increasing liquid intake during the training process can help increase the number of opportunities to teach, and the training process can be completed faster. Once the child learns to use the bathroom appropriately, excessive fluids can be discontinued. (this is an optional suggestion) Liquids should be available to the child at all times (the child needs to be given free access to liquids). Children may get tired of the same liquid, so it is recommended that a variety of liquids are available throughout the day.

3. If using a highly preferred item that will be given for successful elimination on the toilet. This item (reinforcer) must be withheld from the child at all other times. (so when choosing this item make sure that it is highly preferred but that the child does not need it ) Items that cannot be denied throughout the day should not be chosen for this procedure. Also, this item should be an item that can be delivered immediately after elimination in the bathroom. For this reason, highly preferred edibles are often used. But should always be paired with encouragement and praise. And a plan to fade those tangibles away.

4. Skills related to the toileting routine should be incorporated into regular programming. These include; dressing, undressing, matching pictures to the bathroom, hand washing, wiping, sequencing.

## Toilet Training Steps

1. A set toileting schedule should be used to give the child lots of opportunities to urinate successfully on the toilet.(E.g: Every 60 minutes and how long should the child remain sitting in the toilet 30 sec, to, 3min etc)
2. When it is time to go to the bathroom, tell the child that it is time to go to the toilet and provide the assistance needed to help the child get there.
3. If the child uses pictures or AAC devices to communicate, use this means of communication in combination with verbal communication to let the child know it's time to use the bathroom. The child should request the bathroom using the most appropriate communication system Caregivers should model, show how to... and assist the child to communicate (using assistance as necessary) before helping the child go to the bathroom.
4. You should gradually decrease the amount of assistance you provide, as applicable, so that your child will learn to go as independently as possible.
  - a. Teaching Communication to Use the Bathroom: Determine the mode of communication that works best for your child (e.g., talking, signs, visual aids, etc.). The form of communication should be one that the child is already using successfully to make other types of requests. Communication should also be practical, easily understood by others, and easily used in new settings. Once a type of communication is decided, it should be used consistently
  - b. Requests should initially be prompted before scheduled bathroom visits so that the child begins to learn the association between making requests and being taken to the bathroom. If the child requests to go to the bathroom this transition should be immediate.
5. Reminders to urinate should be provided while the child is sitting on the toilet . Use age appropriate phrases, such as, “Okay, go pee.” During this time, parents are encouraged to sing songs and pull out storybooks to keep bathroom time fun! While the child is seated on the toilet,
6. If the child doesn’t eliminated (void in the toilet) during the time seated, a lesser reinforcer can be delivered to acknowledge the effort and attempt to complete all the steps in this task.
7. If the child begins to eliminate, wait until the child has finished before delivering intense verbal praise and the reinforcer so you do not startle and/or distract the child. (Startling may result in stopping the flow of urine, delivering the reinforcer too early may distract the child. and could result in the child repeatedly “going a little bit” then expecting a treat.) Once the child finishes,verbal praise prompts the child to complete the entire toilet routine and deliver the reinforcer.

## Accidents

- If the child has an accident and urinated not in the toilet. Take the child to the toilet. Sit them on the toilet for a few seconds “we go pee in the bathroom,” and Help the child get cleaned. And show them how to clean after themselves, where to put dirty clothes etc. Make sure you do not scold the child, this is just a learning experience that takes time, patience and trial and error. So it is ok for the child to make mistakes along the way. The child should feel supported by caregivers. Caregivers should keep encouraging, acknowledge their efforts and help them along the way.
- Typically children will have many accidents when toilet training first begins. You should not get discouraged because accidents are considered teaching opportunities, NOT failed trials!

## Using bathroom Steps

1. follow instruction to go potty “go potty”
2. turn bathroom light on
3. toilet sit up
4. pants down
5. underwear/pull up down
6. sit down
7. Eliminates (yes/no)
8. stand up
9. underwear/pull up
10. Pants up
11. flush toilet
12. turn water on
13. get soap
14. wash hands
15. rinse hands
16. turns water off
17. dry hands
18. bathroom light off
19. spontaneous request to go potty

\*Other materials and activities to help reinforce this skill: social stories, videos about using the bathroom, books about using the bathroom, toys- dolls to role play using the bathroom, matching sequences of steps using the bathroom.

**\*\* Please note that while these potty training procedures serve as a helpful framework, it's essential to recognize that every child is unique, with individual needs and behaviors. As such, caregivers should remain flexible and prepared to adapt the approach to suit their child's specific circumstances, ensuring a supportive and effective potty training experience tailored to their child's development and comfort**