

## Toilet Training Information page

### Factors Influencing Toilet Training

- Medical
  - Consult your child's doctor prior to toilet training to ensure there are no undiagnosed medical conditions that may impact toilet training
  - Consider side effects of any medications your child may be taking or any physical limitations that may require accommodations
- Sensory vs. Behavioural
  - Lack of introspection (child's body doesn't signal when to void)
  - Accidents may happen and can be misinterpreted as seeking attention
- Autism Spectrum Disorder (ASD) Considerations
  - Children with ASD may engage in behaviours that may impact toilet training
  - Insisting on sameness, poor attention, delays in communication, understanding public vs. private, sensing physical symptoms, engaging in repetitive behaviours
- Caregiver Readiness
  - Ensure all caregivers are ready to begin; choose a start date that works for all involved
  - Consider factors at home that may impact toilet training: current stressors, big changes within the home or busy schedules.

### Signs of Readiness

- Child can: follow one-step instructions, locate and maneuver one-and-off the toilet, pull down pants and underwear, co-operates when taken to the toilet, has communication system in place that can be used to teach or encourage initiations, remains dry for 1 hour or more.  
\*Please note that your child does not need to display all signs of readiness before beginning toilet training—you may need to provide your child with more prompts or provide accommodations for physical limitations.

### Collecting Information (Data Collection)

- Data helps to measure how often your child is using the toilet, their readiness to train and the time of day your child is most likely to void
- Dry pants check (check every 30 minutes to establish a baseline)—there are 7 steps:
  1. Approach child and say "Let's go to the bathroom. We're going to see if your pants are dry."
  2. Bring the child to the bathroom.
  3. Place their hand in yours and gently check.
  4. If dry, acknowledge in a neutral voice and record data.
  5. If wet/soiled, acknowledge in a neutral voice and record data.
  6. Quickly and with limited comments, change the child's soiled clothing.
  7. Child returns to play, repeat every 30 minutes.



### Preparing for Toilet Training

- Prepare materials: toilet seat, wipes/toilet paper, stool, extra clothing, neutral books/toys, picture icons of the bathroom, visuals, reinforcers, data sheets
- Remove the diaper/pull up and place child in underwear (some exceptions may include: travelling, being away from home and night-time)

### Toilet Training Strategies

- Reinforcement: rewards that are highly preferred by your child—this will motivate your child to use the toilet. Important: Chosen reward should only be provided to child when they void on the toilet, and reward should be provided immediately.
- Teach communication: teach your child how to ask to go to the bathroom—keep this consistent throughout training and across all environments and caregivers
- Develop a sit schedule—determine what interval to start taking your child at by looking at your dry pants data—how often is your child typically wet? (If on average your child is staying dry for 45 minutes, you want to set your initial interval at 30minutes; if your child doesn't go divide that time in half and bring them in 15 minutes).
- If an accident happens, provide minimal attention, bring your child to the toilet, say “we pee in the toilet” and have them sit for up to 2 minutes.
- Once your child has been accident free and has successfully voided on the toilet for a predetermined amount of time, increase your time interval (sit schedule).

### Resources

- Apps: iPhone—I Love Potty Training, My Potty Chart, Pull-Ups iGo Potty, It's Potty Time, I Earned That; Android—Potty Stats
- Teaching instructions: <http://teacch.com/educational-approaches/applying-structured-teaching-principles-to-toilet-training-susan-boswell-and-debbie-gray>
- Parent guide for teaching toileting to children with ASD: [http://www.autismspeaks.org/docs/sciencedocs/atn/atn\\_air-p\\_toilet\\_training.pdf](http://www.autismspeaks.org/docs/sciencedocs/atn/atn_air-p_toilet_training.pdf)
- Readiness quiz, printable progress chart, customized to your child: [http://www.pull-ups.com/na/getting\\_started.aspx](http://www.pull-ups.com/na/getting_started.aspx)
- <http://www.pampers.ca/toddler/potty-training>