Ditch The Diapers - Toilet Training

Presented by:
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Resource Center for Autism & Developmental Delays

Resources

Referrals

Trainings

Garfield Community Service Center
10 S. Kedzie Ave, Chicago

King Community Service Center
4314 S Cottage Grove, Chicago
Toilet Training

HOW TO KNOW IF MY CHILD IS READY?
Are YOU ready?

- You are going to be the teacher.
- Using the toilet doesn’t just magically happen – it’s a skill.
- This is hard for a child. A BIG CHANGE in habit.
3 keys to successful toilet training

Consistency

Commitment

Patience
Successful toilet training is about YOU

Decide. Don’t “try.”
- You are teaching your child new skills & changing a habit.
  Don’t give mixed messages.

Choose the right time for YOU.
- Toilet training needs your time and attention.
  And loads of patience.

It is okay if you wait.
FAQ’s about starting

- What age should my child be to start toilet training?
  - Never too old. Toileting is a quality of life issue.
  - Not recommended to start too young.

- How can I start preparing my child?
  - Start changing your child IN the bathroom.
  - BM goes into the toilet, then flush.
FAQ's about Starting

- My child is non-verbal or uses very little language. Should I wait?

  Your child does NOT need to have or use language to learn how to use the toilet!
FAQ’s about Starting

Anything else I should know?

Rule out any medical conditions.
Let’s talk poop.
**Natural Remedies for Constipation**

- ↑ fluids: water, water-downed fruit juices
- Water-rich fruits & veggies: cucumbers, watermelon, melon, grapes, citrus
- Healthy fats: avocado, coconut oil, nut butters
- Exercise and movement

**Natural Remedies for Diarrhea**

- ADD FIBER (soluble): oatmeal, brown rice, beans, foods with starch (potatoes, bananas)
- Restrict sugar intake: fruit juices, soda, ice cream

* Talk with your doctor about any concerns.
Ditch the Diaper
SET UP FOR SUCCESS

Things you need before you start
Equipment

- Help your child feel secure & build independence

- Potty seat
- Step stool
- Potty chair not recommended
Bye-Bye Diapers

Underwear ONLY (almost)

- Why?
  - Pull-Ups do what they are supposed to do. They keep a child dry.
  - Routines & Consistency

- Are there times I can use a diaper or Pull-Up?
  - Bedtime or naps
  - Bus to school
  - Underwear with a Pull-up over the underwear

* Suggestion: waterproof pads for furniture or car seat.
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Do I need to use a reward or motivator?
YES
Why Motivator(s)

- Learn and understand differently – so sometimes typical reinforcement (praise alone) won’t work
- Creating a connection to what we want them to do
- A common strategy used by most everyone
What should I use?

- Something that is HIGHLY motivating
- Something they do not get any other time
- 1-time use, or something they keep

When do I use it?

- **Immediately** after they have completed the action (peeing in toilet, sitting on toilet, using public toilet, …)
- Or when fading the motivator, after a set amount of time
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Visuals – use them!
Why?

- We all use visuals
- They provide information, decrease anxiety, sets expectations
• first – then board
• visual schedule
• Social Story®
• toilet icon
Ditch the Diaper

Ready, Set, Go!

HOW TO START
When to sit on the toilet?

Use your data tracking sheet!

- Go to the toilet a little before the time of U/BM
- Look for natural transitions
  (after eating, before bath, after a tv show)
- Approximately every 30 minutes – if you haven’t tracked
- Choose a word or phrase that can be used consistently.
Routines

- Learn by repeating actions
- Routines build consistency
- Routines build habits
- Routines help decrease anxiety & worry

What you teach, your child might learn!
Putting it all together

• Pick a start date & prep your child.
  • Social Story can be very effective.
  • Show on a calendar or a countdown board (unless anxiety producing)
  • Put underwear in a special place & diapers/Pull-ups out of reach!

• Create a routine.
  • An overall daily schedule can help with anxiety & meltdowns.
  • Underwear only during the day.

• Make a BIG DEAL about success and be neutral about accidents.
  • Don’t create stress around toilet training for your child.
Sitting, now what?

- Sit on the toilet for 2-5 minutes (if there is no fear of sitting on the toilet)

- **Show** how long to sit
  - countdown board, timer (either audio or visual), sing/listen to a song
  - Choose a time filler if needed (fidget, book, Social Story®. Nothing too engaging.)
Using Visuals

first-then board

toilet picture
  - put these around your home in visible areas
Words Matter

- Use short phrases paired with visuals (help focus on what matters)
  “Potty time.” “First potty – Then dino snack”

- If your child has success- make a BIG DEAL

- If no pee, respond in a neutral tone.
  “No pee pee. Try next time.”
Routines

Keep the bathroom sequence the same.

Tips:

- Don’t have your child completely undress.

- Wear clothes that are easy for using the toilet.
What about leaving the house?

- Communicate to your child about toilets in other places. (grocery store, grandma’s house, restaurant, …)

- Bring your child to the restroom.
  - Don’t forget your first-then board & your motivator!!!
Consistency
Commitment
Patience
Problem Solving

Common Issues

- My child won’t have a BM on the toilet
- My child won’t sit on the toilet
- Fear of public bathrooms
- And more...
If you have any further questions after this training, feel free to contact me!

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RCADD

CAN PROVIDE YOU WITH FREE VISUAL SUPPORTS

Check out our website

https://sites.google.com/a/uic.edu/rcadd/home