

— Toilet Training for Emerging Learners

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2. Emerging

Your child is showing basic readiness skills to begin toilet training! He or she is able to stay dry for 2-3 hours or more, is showing an interest in bathroom routines, is observant of other family members using the bathroom, and may even hide in a corner or go to a certain area to soil his or her diaper. It is time to shape this behavior into a functional toileting routine!

The following pages will give you a step-by-step approach to do this in a very structured way that is easy for your child to understand if implemented with consistency.

Step 1. Implement Communication System

The first step in potty training is often overlooked by many but implementing a communication system is undoubtedly the most critical part of the potty training process. Without it, you are not potty training your child at all, but rather, training yourself, or the adult caretaker, to take your child to the potty at scheduled intervals. Even though your child may not be communicating toileting needs just yet, it is so important to implement this system to build your child's receptive understanding of toileting vocabulary. In short, the language has to go in before it can come out!

Step 1. Implement Communication cont..

There are a variety of communication systems from which to choose.

1. VERBAL--if your child is able to communicate through speech, pair verbal language with a low tech communication board for visual support.
2. LOW TECH COMMUNICATION BOARD--place a communication board or poster in the bathroom with key vocabulary. Click here for a [LOW TECH COMMUNICATION BOARD](#).
3. HIGH TECH COMMUNICATION/AAC DEVICE--if your child uses an AAC device, ipad or other speech generating device, arrange toileting icons/vocabulary in a location that allows for quick access.

Step 2. Identify 3 Reinforcers

Before beginning your child's program, please take the time to identify what you will use as reinforcement. You will need 3 reinforcers as follows:

#1 Reinforcer

A unique, novel, highly preferred toy or object. This can't be something that they already have access to and they *only get it for voiding on the toilet*.

#2 Reinforcer

A preferred reinforcer (something they like a lot)--can only have it for sitting on the potty. If they end up voiding, they can have both #1 and #2 reinforcers

#3 Reinforcer

An edible reinforcer or something that you can give and take away quickly. Edible reinforcers work well because they are done once it is consumed.

Step 3. Print and Prepare Visuals

First, Then Board Use this to reinforce sitting on the potty. You will need to print a picture of your #2 reinforcer to place on this board

Potty Chart Use this to reinforce voiding on the potty. You will need to print a picture of your #1 reinforcer to place on this board

Social Story This is a personalized social story. You will need to add photos of: you, your child, your bathroom, the underwears you will be using, the potty/toilet you will be using, #1-3 reinforcers and place them in the boxes where indicated

Toileting Record print and record results from each attempt. After a week, look for any apparent voiding patterns and adjust your potty times accordingly.

Potty Visual Place this outside of your bathroom or wherever you want your child to access it to build in the communication piece

Step 4. Introduce Toileting Equipment

Potty Seat



A potty seat that looks like your toilet will generalize easier when it's time to make the transition. Have your child practice flushing on it so it isn't as scary when they flush the big toilet.

Built In Training Seat



When you are able to transition to the big toilet, you can choose a removable seat or a built in seat. The removable seats have a tendency to slide around so I prefer this type but it is a matter of preference.

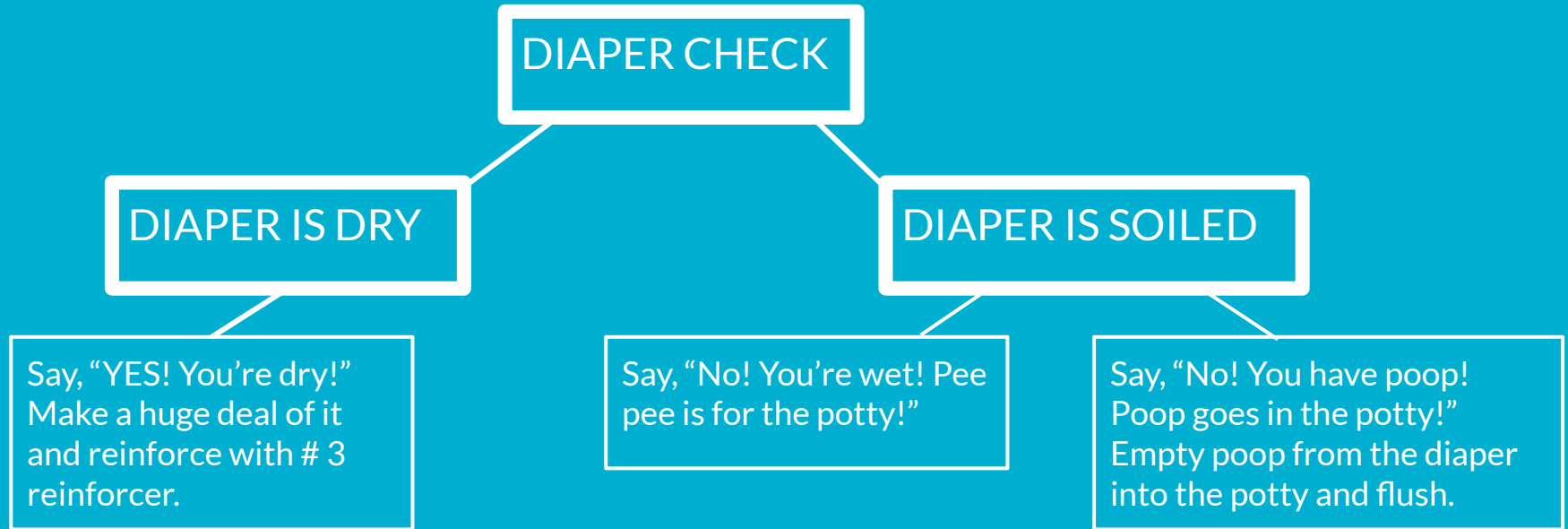
Training Seat with Steps



If your child needs extra support accessing or balancing on the seat, this training seat is ideal. It has handles that they can hold and steps that make for easy access.

Step 5. Diaper Checks

You will begin teaching awareness by conducting diaper checks every 30 minutes for about a week. Follow the prompts on the flow chart below.

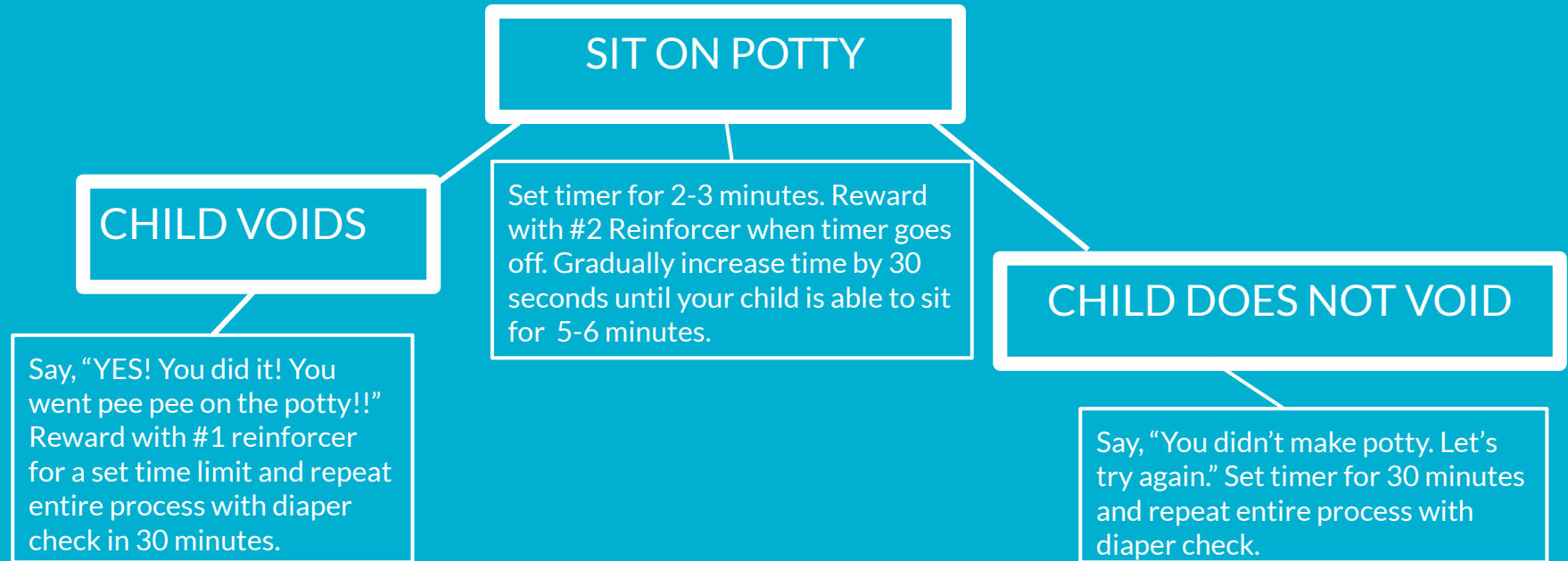


Step 6 Preparing for the Trip to the Bathroom

1. **Social Story** : Immediately following the diaper check and prior to heading to the bathroom, review the social story and/or video model that you will be using to teach your child the expectations.
2. **Reinforcer Review** : Ask your child if they'd like to earn reinforcer #1 and really dangle the carrot to motivate them.
3. **Communication Modeling**: Prior to going into the bathroom, point to the “Potty” visual and say it as your pointing. This is a really important step because the language has to go in before it can ever go out. Your child needs this modeled with plenty of repetitions.

Step 7. Sit on the Potty

After reviewing the social story, reinforcers to be earned, and modeling communication, help your child onto the potty. Follow flow chart.



Consistency is Key!!!

- Children with special needs may need additional time to practice these skills and research suggests that it can take a typical person up to 21 days to form or break a habit. Stay consistent to help your child develop awareness of being dry versus wet and when they need to use the potty.
- This is an intensive potty training program. You may consider taking a week of from work when your child has a break from school to work on potty training. If the skills and expectations are not consistent, your child will not be successful.

Step 8. Troubleshooting

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- Adjusting Intervals: The more your child is on the potty, the greater the chances for success. Some children may need shorter intervals in between toilet breaks, especially if your data suggests that they eliminate regularly at a certain time. If you see a pattern in your data, reduce your interval to 5 or 10 minutes during times that your child has a tendency to eliminate.
 - Training underwear: You may consider putting training underwear on your child so that they can experience the sensation of being wet/soiled. When they have worn diapers for years it is the only sensation that they know and it has to feel different in order to register a change in their physiological awareness.

Other Helpful Products with Links

Potty Pager



You might consider using a potty pager to help raise a physiological awareness. There are many models but this basic model worked well for me. It is fairly inexpensive and can also be used again for night-time training.

Cool & Learn Pull Ups



These pull ups use a technology that causes a brief and gentle cooling sensation when coming into contact with urine which can help cue the child that it's time to go potty.

Training Underwear



These training underwear have 6 layers of absorbent material in the front and back. They are made in sizes 2T all the way up to 8-9 years old. Made of breathable cotton and muslin cloth for sensitive skin.

Thank you for
trusting us
with your
journey

