



Potty Training Tips

Chapter 11 of my book covers potty training as does my 2 hour potty training webinar (sold for \$60 by Relias for 2 BACB CEUs).

Here are my quick thoughts:

- Urine on a schedule comes first (I start with 30, 45min schedule to start)
- Liquids need to increase during potty training (4 oz /hour usually recommended)
- I usually potty train at first only when therapist is there so the schedule can be adhered to
- My clients usually wait til pull ups or diapers are on to poop
- Boys need to sit on the potty/toilet til fully urine and bowel trained
- If the child remains dry on a 1 hour schedule x 3 days with very few accidents, the schedule is increased by 15 min at a time.
- If the child is on an hour schedule and doesn't pees at 8 then no void at 9, we sometimes change the procedure that after 1.5 hours of no void, on 10 min/off 5 min

We do a toilet assessment, make a plan and always keep data (free toilet training toolkit) on my site: MaryBarbera.com. I usually use Data sheet 1. Graphing data is ideal.

I plan to create a potty course and/or e-book in the next year. Until then, [the Relias training](#) and/or Chapter 11 of my book is the way to go.