



Toilet Training

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Presentation Overview

- 1) Talk about approaches to toilet training
- 2) Answer specific questions as time allows

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Goals of the presentation

- Review of necessary skills for successful toileting program
- Overview of successful strategies for toilet training
- Encouragement and problem solving



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Toilet Training Approaches

- General approach with accommodations
- Practicing a toileting approach that creates a predictable routine with low pressure
- Toilet training on a schedule
- Intensive toilet training

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Getting Ready- Potty Pre-requisite Skills

Cognition/communication:

- Can perceive that s/he is wet
- Can communicate that s/he is wet or needs potty
- Can recognize the sensation of a full bladder

■ Physiological:

- Periods of dryness (about 90 min - 2 hours)
- Fairly regular schedule for voiding and bowel movements

■ Motor Skills:

- Motor skills/muscle tone to get to bathroom and sit on toilet independently
- Can pull pants up and down
- The ability to sit in one spot for several minutes at a time.

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Additional ready points

- Best to track voiding using a chart to gain helpful information before toilet training.
- Compliance issues and tantrums must be kept to a minimum
- Long periods of self-stimming can interfere with child attending to toileting
- Need to be able to sit and stay seated for several minutes

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Toileting Log

- Track the child's toileting schedule.
 - Keep a 2 week log of your child's elimination pattern to determine appropriate toileting times. Log times when child is wet or has a bowel movement.
 - Check diaper at least once per hour.
 - Once you have a good idea of your child's schedule, begin placing her on the toilet around the time she usually has a bowel movement or urinates. (Initially *you* will be the one being trained!)
 - Successful times are often first thing in the morning, after lunch, after nap, after dinner before bath

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Before You Begin: Address Physical Issues

- Check with your pediatrician: are there any physical issues that should be addressed medically.
- Stool consistency: do you need to add fiber supplements to child's diet.
- Check for medication side effects, such as loose stool or constipation
- Prolonged constipation can make it hard for children to feel when they need to void, it can affect urine and bowel control.

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Attend to Sensory Issues

- Disposable diapers may hinder the toilet training process.
- Many children have issues with gravitational insecurity. Place the potty on the ground, or use steps that are solid to add a feeling of security.
- Eliminate those "exotic" smells as a way to limit sensory input in the bathroom.
- For children who have auditory sensitivities, do not flush the toilet until after they have left.



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Address Communication Issues

- Use simple, concrete and consistent language when referring to body parts as well as the toileting process. "Go potty." "Wipe bottom." "Flush."
- If your child is non-verbal, apply familiar communication system (objects, pictures, sequences) to support toilet routine
- Pair words with signs or pictures. Research has shown the introduction of sign language or use of pictures in combination with language often stimulates oral language.
- Teach your child the concepts of "wet" and "dry." When you check her diaper, let her know what you find. Say, "Dry pants" (while praising) or "Oops, it's wet." You may also want to place her hand inside the diaper to feel exactly what dry or wet is like. Remember to be positive.
- You can also work on concepts wet and dry in play with other materials.

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Address Cognitive Issues



- Books and videos can help teach your child about the process. Read books to your child about toilet training, and watch potty training videos with him.
- Allow the child to see family members or other children using the toilet, and use observational remarks such as "He is going potty" to narrate what is happening
- Practice toilet training with a doll, e.g. "Elmo goes potty." This allows the child to have control over the situation and to practice the sequencing of the tasks without pressure.

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Address Motor Issues

- Dress the child in clothes that are easy on/easy off. Elastic waistbands work the best.
- Due to low muscle tone, balance can be difficult. Make sure that the child's feet can touch the floor when sitting on the potty. This will increase his stability and make him feel safe. When using the big potty, place a block or an old phone book under his feet.



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Create a Toilet Routine

- Encourage practicing going to the bathroom
 - Pulling pants down
 - Sitting on toilet
 - Wiping
 - Pulling pants up
 - Flushing
 - Washing hands
- The initial goal is to teach the sequence, not to void.

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Schedule Training

- As your child begins to have success with trip training, you can move to schedule training. We also suggest schedule training if your child does not show all of the pre-requisite behaviors.
- Essentially you are teaching the child to void when she is taken to the bathroom
- Take child every 90 minutes. Have child sit on toilet for 10-15 minutes. If he voids, then CELEBRATE and REINFORCE!!!
- If he doesn't, then send him out of the bathroom and bring him back again in 60 minutes. Keep the shorter schedule until success (or accident occur) then back up the time again.

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Increasing the interval

- When your child is having accidents less than once a day, you can begin to increase the amount of time between scheduled visits by about 15-30 minutes.
- Some children just start to go independently when the schedule is lengthened.

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Intensive Independent Toilet Training

- A more intensive, more rigid approach to toilet training.
- For some, it can be very effective and speed the process.
- For others, it can be very frustrating and lead to many accidents
- In this approach, increased fluid intake is used to increase how often a child needs to void, providing more opportunities for practice.

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Additional Helpful Hints

- Some children have learned that the “right place” to urinate and defecate is in the diaper or pull-up. They will hold it in until they are in a pull-up or diaper. When this happens it may be useful to consider adding cloth underwear under a pull-up.
- Increase fluid intake to increase need for bathroom. (Offering salty snacks will lead to increased thirst.)
- If progress is not being made after 2-4 weeks OR if parents are finding it frustrating OR if child is no longer a willing participant, then take a break.

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Potty Equipment



- There are pros and cons of:
 - Little potties
 - Pull-ups
 - Seat covers
 - Consider use of a stool to help with climbing and providing support to feet

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Accidents Happen...

- This is how children learn
- Be prepared and calm about accidents
- Do not show strong emotion about accidents (No yelling, reprimanding, long discussions... these won't help)
- Be matter of fact, have child assist you in clean up (unless your child likes to clean, then skip this step), then practice going from site of accident to toilet.



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Individualize Your Approach to Toilet Training

- Use your child's interests to motivate them to stay seated.
- Keep high interest toys or books on a high shelf in the bathroom; they get the toys when they are cooperating with toilet training.
- Find small things that are rewarding (stickers, small pieces of candy, baseball cards etc) to encourage the process.

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Some Children Have Toilet Anxiety

- Practice exposure to underwear and the bathroom by talking about bathrooms and visiting bathrooms.
- A social story approach can desensitize a child and prepare them for approaching the toilet
- Wash hands in the bathroom, instead of relying on wipes, to allow for bathroom practice
- Practice visiting bathrooms and taking pictures, so that you can make a book.
- Look at the book often.

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Success is Around the Corner: Toileting Log

Date	Time am/pm	Food or Drink	Wet in diaper/pants	Urine in toilet	BM in diaper/pants	BM in toilet
Today	7:30 am	Milk and cereal	No		NO	
	8:00 am			YES		YES
	9:00 am		No		NO	
	10:00 am		No	Yes	NO	

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