Toilet Training for Individuals with Disabilities

JESSICA JUANICO, PH.D., BCBA-D EMILY PATRIZI, M.S., BCBA



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providing active voice and supporting civil rights for people with disabilities

Presented by Trumpet Behavioral Health and Advocacy Denver

AGENDA

Discussion items

- When to start toilet training
- Strategies & guidelines for toilet training
- Problem solving common toileting issues

Reminder

For toilet training, you will need patience, consistency, team work and humor!







WHEN TO START?

Observe child & evaluate if they:

- Understand directions and communications
- Prefer being dry and can pull pants up/down
- Indicate awareness: looking down or hiding
- Desire independence and family life is calm

Ready, set . . .

Make sure you and other caregivers are ready!

Consistency

Consistency is key along with consistency!



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Prepare

- Make sure your child likes being in the bathroom (no problem behavior)
- Your child should be able to sit comfortably on the toilet with his/her feet resting on the floor or stepstool (:2 - :3 minutes)
- Identify your child's unique needs
- Identify communication method
- Select reinforcers







Start with data

- Collect data for five days
- Start a journal to note your child's eating and drinking times, soiled/wet diaper, etc.
 - Check his/her diaper at least once every 30 min
- Look for a pattern
 - :10 :15 minutes after having liquids
 - : 30 :60 minutes after a meal
 - Typically goes every hour
- These times can then be built into your routine







Create a schedule

- Set a toileting routine and honor it
- Schedule sits based on your data
- Regular intervals in between (30 60 min)
- Set a timer as a reminder
- Waiting an additional :15 :20 minutes could cause your child to have an accident







Have scheduled sits

- Teach communication behavior
 - "Say, bathroom" "Bathroom"
 - Touch picture of toilet
- Sit on toilet for :2 :4 minutes
 - Provide relaxing toys/activities
 - Reinforce successes
 - Praise, special food or toy, get to flush the toilet







Unscheduled toileting signs

- Antsy, legs crossed, touching privates, wetness
- Prompt the request to go potty/bathroom
- Rush him/her to the toilet

Accidents

- If accident is happening:
 - Rush to toilet for hopefully success
 - If success, reinforce and praise
- If accident already happened:
 - React calmly and clean child
 - Do not provide attention, reward or punish







Track progress & collect data

Event	Time	Type of Toileting Event	Self- Initiated?	Notes
1		Accident Success Both Acc/Succ	Y N	
2		Accident Success Both Acc/Succ	Y N	
3		Accident Success Both Acc/Succ	Y N	
4		Accident Success Both Acc/Succ	Y N	
5		Accident Success Both Acc/Succ	Y N	

Progress & improvement

As you progress, you can move to only tracking accidents!



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Diapers/Pull-Ups

- Pros: easy to keep clean
- **Cons:** difficult to realize accident is happening and may confuse child; "diaper is where I pee"

Underwear

- **Pros:** easy to realize if accident is happening and creates new norm "under means peeing in the toilet"
- Cons: more mess to clean up







Tips

- Start by having your child sit on the toilet
- Make sure everyone is using the same language
- Have your child wear loose-fitting clothing
- Provide your child with extra beverages/fiber

After 3 to 6 weeks

- Change reinforcers?
- Increase intensity?
- Intense toilet training (next slide)?
- Take a break?
- Stay the course?







If previous strategies did not work, look to intensive toilet training

Intensive procedure includes:

- Scheduled toileting
- Reinforcement for urinating in the toilet
- Communication training
- Dry-pants checks/urine alarm
- Increase fluid intake
- Positive practice







Summary

- Observe, is my child ready for toilet training?
- Am I ready?
- Prepare and get reinforcers, toilet seat, step stool
- Collect data and look for patterns
- Create a toileting schedule and honor it
 - Scheduled sits and teach communication, sit for :2 :5 minutes, reinforce success with special toy
 - Unscheduled toileting and watch for signs
 - Accidents happen and do not punish







PROBLEM Solving

Problem

My child seems to like having accidents or thinks it is funny to have accidents

Suggestions

- Consider how much attention you provide during accidents
- Make toileting more fun
 - Hit the target



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PROBLEM SOLVING

Problem

My child sits on the toilet and does nothing then as soon as I put the diaper/pull-up back on he has an accident.

Suggestions

- He / she may not understand the new rules
 - Diapers have a history of being the place where you go to the bathroom
 - Diapers wick away moisture to make it more comfortable to have an accident
 - Consider switching to underwear



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PROBLEM Solving

Problem

My child never has to go to the bathroom.

Suggestions

- Increase liquids
- Increase motivation to drink
 - Highly preferred drinks
 - Eat salty foods
 - Exercise/play outside







PROBLEM Solving

Problem

My child hates going into the bathroom

Suggestions

- Start with providing a reward for calming being near the bathroom
- Gradually increase your goal
 - In the bathroom
 - In the bathroom & closer to the toilet
 - Sitting on the toilet with pants on
 - Sitting on the toilet with pants off
 - Sitting on the toilet with pants off for 1 minute



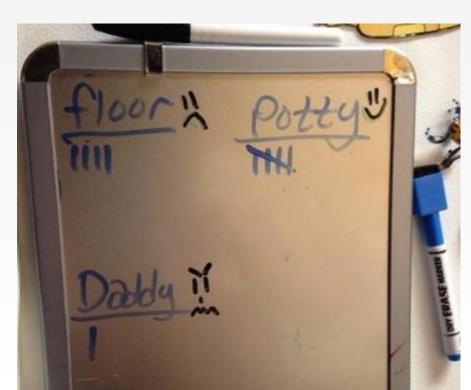




RELAX, IT IS A JOURNEY

Do not stress, but do commit

It's a marathon, not a sprint!



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RESOURCES

Books

- I Use the Potty: Big Kid Power by Maria van Lieshout
- Potty by Leslie Patricelli
- The Princess and the Potty by Wendy Cheyette Lewison and Rick Brown

Tinkle Tunes

Websites

- <u>Toilet Training Procedures for Individuals with Developmental</u> <u>Disabilities</u>
- Potty Training Children with Special Needs



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THANK YOU!

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