

Ditch The Diapers - Toilet Training

Presented by:
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RCADD

Resource Center for Autism & Developmental Delays

Resources



Garfield Community Service Center
10 S. Kedzie Ave, Chicago

Referrals



King Community Service Center
4314 S Cottage Grove, Chicago

Trainings



Toilet Training

HOW TO KNOW IF MY CHILD IS READY?

~~Is my child 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.



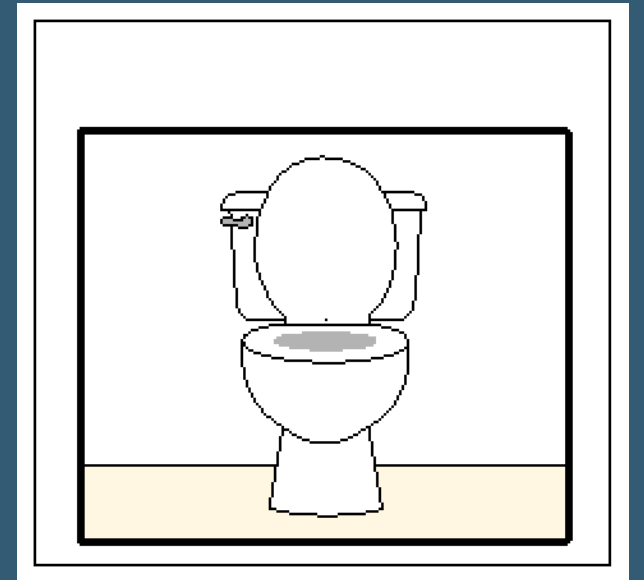
FAQ's about starting

○ 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.
- Why? Making connection of bathroom and the activity.
- 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!

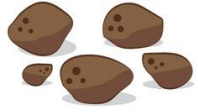






FAQ's about Starting

- Anything else I should know?

Rule out any medical conditions.

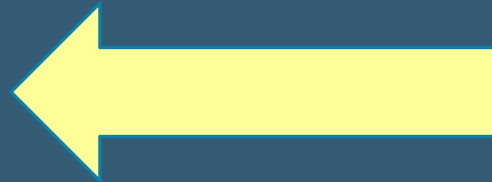
Let's talk poop.

The Bristol Stool Chart

1		Separate hard lumps, like nuts	Severe constipation
2		Lumpy and sausage like	Mild constipation
3		A sausage shape with cracks in the surface	Normal
4		Like a smooth, soft sausage or snake	Normal
5		Soft blobs with clear-cut edges	Lacking fiber
6		Mushy consistency with ragged edges	Mild Diarrhea
7		Liquid consistency with no solid pieces	Severe Diarrhea

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.

Ditch the Diaper

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

Ditch the Diaper

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**.

Toilet Tracking Form					
	Day 1	Day 2	Day 3	Day 4	Day 5
6:00 am					
6:30 am					
7:00 am					
7:30 am					
8:00 am					
8:30 am					
9:00 am					
9:30 am					
10:00 am					
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KEY
U = urine
BM = bowel movement
U/BM = both
— = dry
F = food
D = drink

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)

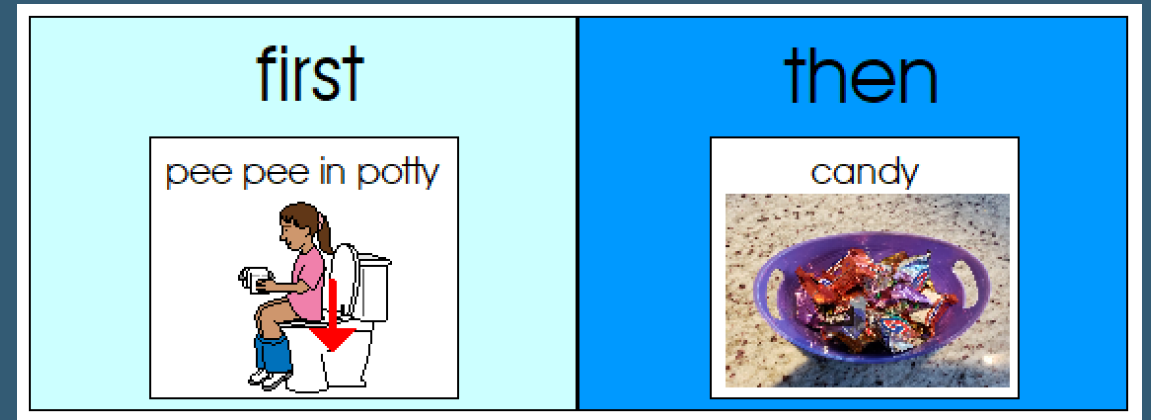
- Show how long to sit

- 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.



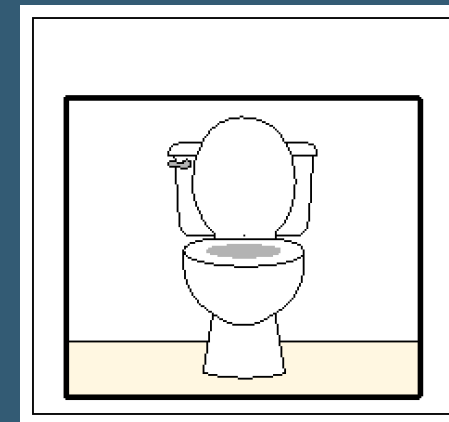
Using Visuals

first-then board



toilet picture

-put these around your home in visible areas



Words Matter

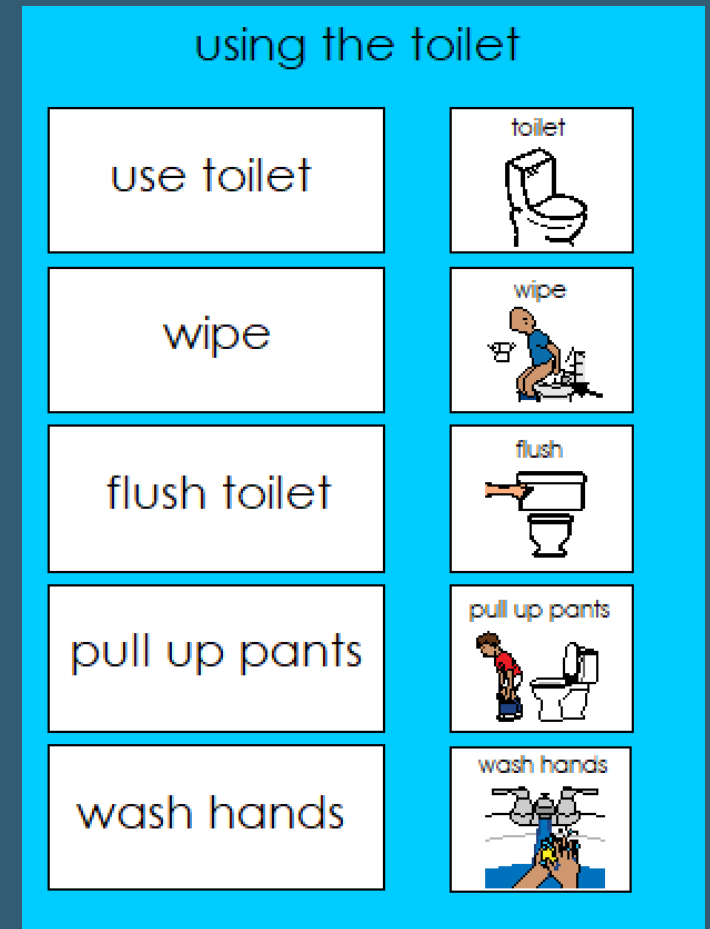
- Use short phrases paired with visuals (help focus on what matters)
“Potty time.” “First potty – Then dino snack”
- If your child has success- make a BIG DEAL
- If no pee, respond in a neutral tone.
“No pee pee. Try next time.”

Routines

Keep the bathroom sequence the same.

Tips:

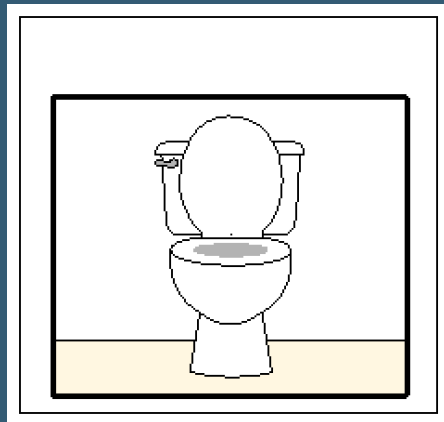
- Don't have your child completely undress.
- Wear clothes that are easy for using the toilet.



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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