



A BRIEF GUIDE TO TOILET TRAINING YOUR TODDLER

Preparation & Material

Wetting doll

Small baby bottle

8 pairs of loose cotton training pants (overly large)

Desirable liquids

Highly prized reinforcers

Salty snacks to increase thirst

Potty chair with auditory alert

Eliminate all distractions. Block off time and people. Pre-prepare meals.

Readiness

Linguistic:

Can follow simple one-step directions (point to body parts, stand, sit, get x, put x with y, imitate simple motor movements)

Engages in symbolic play with language content

Physiological:

Does not urinate continuously during the day. There are long periods of dryness

Motor:

Can pull down pants and pull them up. Can carry objects.

Location

Large kitchen or open area with no rugs close to bathroom.

INITIAL PROCEDURE:

PHASE ONE: MODEL PROCEDURE WITH DOLL

Child teaches the doll to potty herself.

Give doll drink. Remove pants. Place the doll on potty. Void doll. Reinforce. (Give reinforcer to child with verbal descriptions)

Empty the potty (child assists)

Reinforce for dry pants. (2-3 times)

Model accidents. When child is not looking, spill water on doll pants. At next dry pants check, correct dolly. Have child show dolly what to do to practice (go to potty take down pants, sit return to scene of accident and repeat (note each time the wet pants and the need to correct).

Ask child if his/her pants are dry. Reinforce.

End doll modeling session with success.

PHASE TWO(with child):

Dry Pant check every few minutes. Reinforce for dryness.

At scheduled time. Take child to potty. Have him remove pants and sit down. He must sit for around 10 minutes or until he urinates in potty. Emphatic reinforcement for success. Then pull pants up, take potty to toilet.

Repeat dry pant check at 5 minute intervals.

After 15-20 minutes, take child back to potty. Wait 5 minutes if previous success. More if no success.

After success, reinforce allow positive activity. Continue dry pants check.

If accident, engage in over-correction and training of procedure as with the doll.

Over time, fade the density and intensity of reinforcers.