



TOILET TRAINING

Toilet training is a lot like learning to ski, ride a tricycle, or swim. It is important to make sure your child is ready to learn. You need the right materials. You need a plan for learning and practicing. If it is not fun by itself then sometimes you have to make it fun by combining toilet training with other fun or favorite things.

MATERIALS NEEDED: a potty chair that the child fits on comfortably with his/her feet on the floor; a sturdy step stool if the toilet is too high; favorite drinks; underwear; favorite games, activities, foods for rewards; extra clothes and shoes, wipes or several facecloths and small towels, old towels or roll of paper towels, a kitchen timer (optional).

PROCEDURES: When the child arrives or you are about to begin training, begin to give as much to drink as possible--using their favorite drinks if necessary. You want to fill their bladder. Keep giving fluids until 45 minutes before ending the training.

Set up an area near the bathroom for a play area or using screens make a potty area in the classroom. Privacy and being within seconds of the toilet are very important.

Bring the child to the potty/toilet and have him pull his own pants down and sit on the potty or toilet. Provide gentle, relaxing praise for cooperating with sitting. You want to make going to the potty pleasant. If the child protests, or cries, continue to be supportive, but don't let them up until the time is over. Use a timer, if necessary, to show when the bell rings or when the child voids, then he can get up.

1. If the child voids or has a B.M., he/she should get a few edibles and sips of juice, lots of praise and do a favorite activity. You help him clean, if necessary, pull up pants, and flush the toilet (if he is on it.)

2. If the child does not void, he/she should sit for 5 minutes before getting up. Have him pull up his pants and go to a nearby area. (Not more than a few seconds from the bathroom or potty chair.)

B. For the next 15 minutes, the child can participate in what he should be doing, with dry/clean "pants checks" as soon as he gets up off the potty/toilet, and every 5 minutes before going back to the potty.

1. Have the child check himself and if he is dry and clean, give him a small edible or sip of juice.

2. At the end of the 15 minutes, the child goes back to the toilet and sits for 5 minutes and the cycle starts again.

C. If there is an accident, say briefly something like "Oh no!, you're wet." Take the child to the potty area/bathroom and with hand over hand assistance, have him remove the wet/dirty clothes, wipe himself clean with a face cloth or wipes many times, dry himself, then put clean clothes on. Have the child go clean the area of the accident with old towels or paper towels. Have the child put his wet clothes in a hamper or tub (home) or bag (school). Have the child wash and dry his hands. Have the child sit briefly on the toilet with a reminder this is where we go. Then have the child pull up his pants, restart the cycle by saying once he is dry and clean "what a good (boy/girl), you're dry."

D. For the next 15 minutes have the child doing an activity. If at any time the child gets up to go to the toilet on their own, reward enthusiastically. It probably means things have connected and you can think of increasing the time between toileting to 20 or 30 minutes. When you have had successes for several trials, gradually increase the time between toilet opportunities, remembering to reward for being dry at least every

5 to 10 minutes.