Potty Success: It’s No Accident

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Trumpet Behavioral Health

We will discuss:

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

Routine Based Toilet Training

• PATIENCE
• CONSISTENCY
• TEAM WORK
• HUMOR
Readiness check

- Understand and follows simple directions
- Differentiates wet and dry
- Understand toileting words
- Desire for independence
- Prefers being dry and or clean
- Can pull pants up and down
- Family life is calm

Medical Concerns

- No medical problems
  - Constipation, UTI
- Always check with your doctor first!
  - Check with your doctor to make sure it’s safe to start toilet training

When to start

- Your child has demonstrated some readiness skills
  - Follows 1-step instructions
  - Has a communication method (verbal, PECS, signs)
  - Can hold urine for a short period of time
- You & other caregivers are ready
  - Time, effort, patience to work on toileting
  - All on the same page – consistency is key!
Prepare

• Make sure your child likes being in the bathroom
• Your child should be able to sit comfortably on the toilet with his/her feet resting on the floor/stepstool

Prepare

• Select reinforcers
  • Highly valued
  • Only get access for going to the bathroom
• Identify communication method
  • Verbal
  • Pictures/PECS
  • Sign language
• Identify your child’s unique needs
  • Sensory issues? noise, flushing the toilet, etc.

Data

• Collect data for 5 days
• Record the time your child eats, drinks, gets changed, has a soiled/wet diaper
  • Check his/her diaper at least once per 30 min

<table>
<thead>
<tr>
<th>Time</th>
<th>Eat/Drink</th>
<th>Toileting</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 am</td>
<td></td>
<td>Changed diaper - wet</td>
</tr>
<tr>
<td>7:30 am</td>
<td>8 oz. milk, cereal</td>
<td>Changed diaper - soiled</td>
</tr>
<tr>
<td>8:00 am</td>
<td></td>
<td>Checked diaper - dry</td>
</tr>
<tr>
<td>9:00 am</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Data

- Look for a pattern-
  - 10-15 minutes after having liquids
  - 30-60 minutes after a meal.
- These times can then be built into your routine.

Create a Toileting Routine

- Set a toileting routine
  - Schedule sits based on your data
    - Times when child is likely to urinate
    - Regular intervals in between (every 30 – 60 min)
- Honor the schedule
  - Set a timer so you always know when it’s time to go
  - Waiting 15-20 minutes could cause your child to have an accident

Scheduled Sits

- Teach communication behavior
  - “Say, bathroom” – “Bathroom”
- Sit on toilet for 2-5 minutes
  - Provide relaxing toys/activities to prevent boredom
- Reinforce successes
  - Praise, special food or toy, get to flush the toilet
**Unscheduled toileting**

- Watch for signs:
  - Antsy, legs crossed, touching private parts, wetness
  - Ask if he/she needs to go to the bathroom
  - Rush him/her to the toilet

**Accidents**

- If the accident is currently happening:
  - Rush your child to the toilet to try to convert to a success
  - If you do convert, provide praise and the reinforcer

- If the accident already happened:
  - Calmly bring the child into the bathroom and assist with changing/cleaning himself/herself
  - Do not provide attention
    - Don’t look directly at him/her
    - Don’t talk, console, hug, etc.
  - Don’t punish!

**Track Your Progress**

- Collect data during toilet training

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Type of Toileting Event</th>
<th>Self-Initiated?</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td>Accident Success Both</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>Accident Success Both</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>3</td>
<td></td>
<td>Accident Success Both</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td>Accident Success Both</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>5</td>
<td></td>
<td>Accident Success Both</td>
<td>Y</td>
<td>N</td>
</tr>
</tbody>
</table>
Track Your Progress

Track accidents only — shade in the grid for every accident

Diapers vs. Underwear

<table>
<thead>
<tr>
<th>Diapers/Pull-ups</th>
<th>Underwear</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pros</strong></td>
<td>• Easy to keep clean</td>
</tr>
<tr>
<td></td>
<td>• Creates new rules (e.g., “Now I wear underwear and pee in the toilet”)</td>
</tr>
<tr>
<td><strong>Cons</strong></td>
<td>• Difficult to tell if accident is happening</td>
</tr>
<tr>
<td></td>
<td>• May confuse child (e.g., “diaper is where I’ve always gone pee”)</td>
</tr>
</tbody>
</table>
Summary of Steps

- **Ask:** Is my child ready for toilet training? Am I ready?
- **Prepare:** Get reinforcers, toilet seat, step stool
- **Collect data:** Look for patterns
- **Create a toileting schedule:** Honor the schedule
  - **Scheduled sits:** Teach communication, sit for 2-5 minutes, reinforce success with special toy
  - **Unscheduled toileting:** Watch for signs
  - **Accidents:** Don’t punish

Tips

- **Start by having your child sit on the toilet (even boys)**
  - Helps him/her to relax
  - Can sometimes get BM continence for free
- **Make sure everyone is using the same language**
  - Pee, potty, tee-tee, toilet, bathroom
- **Have your child wear loose-fitting clothing**
  - Easy to take off and on for frequent toileting
- **Provide your child with extra beverages/fiber**

Data/Evaluate

3-6 weeks evaluate: How are things going?

Do you need to...
- **Change reinforcers**
  - If child seems bored/disinterested
- **Increase intensity**
  - Intensive toilet training?
- **Take a break**
- **Stay the course**
Intensive Toilet Training

• Azrin and Foxx (1971)

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

Problem Solving

• My child seems to like having accidents or thinks it’s funny to have accidents
  • Consider how much attention you provide during accidents

• Make toileting more fun
  • Hit the target
  • Splash in the sink during hand-washing

Problem Solving

• 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

• He 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
Relax…

• Don’t stress - but do commit. It’s a marathon not a sprint!

Questions/Concerns

Resources

Books (Many to choose from)

Tinkle Tunes

Websites:

www.dcs-cdc.ca.gov/toilettraining.pdf (Toilet Training Procedures for Individuals with Dev. Disabilities)

pediatrics.about.com/ca/parentingadvice/a/sp_needs_potty.htm (Potty Training Children with Special Needs)

www.ds-health.com/train.htm (Toilet Training Children with Down Syndrome)
Potty Success: It’s No Accident!

Important Tips

When to start toilet training
• Is your child ready?
  • Understand and follows simple directions
  • Differentiates wet and dry
  • Understands toileting words
  • Desires for independence
  • Prefers being dry and or clean
  • Can pull pants up and down
  • Family life is calm
  • No medical problems!

Strategies & guidelines for toilet training
• Your child should be able to sit comfortably on the toilet with his/her feet resting on the floor/stepstool
• Prepare:
  • Get reinforcers, toilet seat, step stool
• Collect data:
  • Look for patterns
• Create a toileting schedule:
  • Honor the schedule
• Scheduled sits:
  • Teach communication, sit for 2-5 minutes, reinforce success with special toy
• Unscheduled toileting:
  • Watch for signs
• Accidents:
  • Don’t punish
• Collect data during toilet training:
  • 3-6 weeks evaluate: How are things going?

Problem solving common toileting issues
• Don’t stress, but do commit. It’s a marathon not a sprint!
Toileting Resources

Books


Websites

www.ds-health.com/train.htm

pediatrics.about.com/cs/parentingadvice/a/sp_needs_potty.htm

www.dcs-cde.ca.gov/toilettraining.pdf

Peer Reviewed Research Articles


