

# Autism Education Series: Toileting

## Readiness for Toilet Training

- There are some signs to look for that show that your child might be ready for toilet training.
  - Child is dry in their diaper for 1-2 hours in a row
  - Child has soft stools
- For parents and caregivers, make sure you have the time and energy to start the process.
- Decide if everyone involved is on the same page to begin toilet training.

## Some First Steps

- Start talking about using the toilet and being around the toilet.
  - Read books about the toilet
  - Show how the toilet works
  - Change diapers in the bathroom, etc.
- Try sitting on the toilet at specific times of day.

## Set Up for Success

- Place child's feet on the ground, stool or bench.
- Provide a seat that feels secure for the child.
- Choose a special treat or reward your child will get for using the toilet.

## Let's Practice!

- Start with your child wearing underwear for the day
- Provide lots of liquid
- Every 30 minutes, take your child to the toilet.
- Sit for up to 2 minutes
  - if your child does not pee or poo, complete bathroom routine
  - If your child pees or poos, IMMEDIATELY celebrate by providing the reward



## Rewards are Important

- Provide the reward immediately after toileting success!
- Make sure the reward is special and is not available at other times.
- This will help keep the child's motivation to keep practicing this skill!

## Toileting over Time

- Gradually increase the length of time between bathroom trips (e.g. 30 minutes to 45 minutes).
- Praise any initiation you child has, e.g., "I need to pee!"
- Practice in other toilets outside of the house.
- Gradually use less and less of the treat/reward for using the toilet.