2015-16 Autism Speaker Series

“Tips to Successful Toilet Training”

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Please visit their tables during the break and after the lecture!

Tips to Successful Toilet Training

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Take Note

Prior to toilet training, your learner should be examined by a medical professional to ensure there are no issues.

Outline

- Benefits and Toilet Training Readiness
- Common Problems when Toilet Training
- Preparing for Toilet Training
- Trips to the Toilet
- Schedule for Toilet Training
- Data Collection
- Final Tips
Benefits of Toilet Training

- Increase learner’s independence
- Decrease caregivers’ stress
- More community inclusion opportunities
- Increase in family’s resources
  - Time
  - Money

Toilet Training Readiness

- Can start as early 18-30 months old
- Sit for 3-5 minutes
- Family needs to be ready
Time to Start

- Toilet training is intensive
- Start training when your learner has a break from school
  - When they return to school, the schedule will be more practical for school
- While waiting for break in school, you can start teaching bathroom related skills
  - Dressing
  - Washing hands
  - Tolerating the bathroom

Common Problems

- Lack of language
- Fear/dislike of restroom
- Difficulties using different restrooms
Building Blocks of A Successful Program

Starting off Right: Be Prepared!
Getting Everyone On Board

- Consistency is key!
- Teachers and parents both need to be prepared
- Meet to discuss plan
- Assign a leader
- Create a communication log
  - Information about progress
  - Data collection
  - Current schedule

Pull-Ups vs. Underwear
Accidents in Pull-Ups

Before Accident
• Playing or engaging in activities

Accident
• Doesn’t feel wetness
• You don’t notice

After Accident
• Continues playing
• Delay to bathroom

Accidents in Underwear

Before Accident
• Playing or engaging in activities

Accident
• Feel wetness
• You notice immediately

After Accident
• Delay playing
• Immediately brought to bathroom
Sitting Comfortably

- Potty chairs can provide learners with a comfortable sitting
  - However, you will have to transition your learner to normal toilets
- Instead, use a seat that can be added to toilet and a step stool

Sit Down or Stand up?

- Always start toilet training boys sitting down
  - Sit longer than stand
  - Opportunity to have a bowel movement
  - Overall, easier process to teach sitting down
Urine Alarm

- Sensor secured in underwear
- Discreetly worn
- Signal when accident is occurring
  - Allows you to quickly bring learner to bathroom
- May startle learner causing them to stop urinating

Limit Clothing

- An alternative to urine alarm is limiting clothing
- Dress your learner in just underwear and small shirt
- Allows you to detect accidents quickly
- Decrease effort to undress/dress
- May also limit messes

**TIP:** Choose lighter colors for your learners so that you can easily detect accidents
Select a Communication Response

- Choose form of communication that fits learner’s current skills
  - Examples:
    - “Bathroom,” “toilet,” or “potty”
    - Bathroom card, iPad or other communicative device
      - Always have the card in eyesight
      - Sign “bathroom”
  - Be consistent with words!

Select Rewards

- Rewards are an essential part of toilet training!

- Select 3-4 of your learner’s favorite edibles or items
  - These items should only be used during toilet training
Final steps to be prepared

- Have copies of plan, data collection sheets, and rewards in all frequented bathrooms
- Have fun things for your learner on toilet
  - Songs
  - Books
- Have plenty of extra clothes
- Provide free access to liquids all day
Building Blocks of A Successful Program

- Success
- Rewards
- Increased Liquids
- Scheduled Sits

Increase Liquids

- Increases frequency of urination
  - More opportunities to teach!
- Provide free access to preferred drinks
- Vary drinks
- Provide favorite drinks after urination
Increasing Hydration

- If your learner doesn’t frequently drink
  - Give them foods with water
    - Watermelon
    - Grapes
    - Popsicles

- Things to consider
  - Milk and sugary drinks may cause constipation
    - Avoid milk
    - Cut sugary drinks with water

Trips to the Toilet
Building Blocks of A Successful Program

SUCCESS

Rewards

Increased Liquids

Scheduled Sits

Transitioning to the Toilet

Help them to request
• Have them say or sign “bathroom”
• Have them use the bathroom card or iPad

Walk them to the restroom

Help them undress
• Only provide the help they need
On the Toilet

Help them sit on the toilet

Set timer

Have fun!
- Sing songs
- Read books

If Elimination Occurs...

Wait for your learner to finish urinating

Provide enthusiastic praise

Provide reward immediately

Assist off toilet and help dress
If No Elimination....

- Assist off toilet and help dress
- Do not provide reward

Finishing Bathroom Routine

- Set timer for next sit
- Provide only assistance needed to dress
- Help wash hands
Dry Checks

- Check if your learner is dry every 5 minutes
- Provide praise for remaining dry
  - “You’re still dry! Awesome job staying dry!”
- If wet, immediately bring to restroom

Handling Accidents
Handling Accidents

- Immediately walk to restroom
- Say, “We pee in the bathroom.”
- Help them undress and sit on toilet for 1 minute or until urination

**Limit Attention**: Avoid smiling, lecturing, or reprimanding during this time

Urination Following Accidents

- Provide Praise
- **Do not** provide reward
Finishing Bathroom Routine

Help learner complete bathroom routine

Have your learner clean any mess made during the accident
- Put soiled clothes in dirty hamper and wipe floor

Building Blocks of A Successful Program

SUCCESS

Rewards

Increased Liquids

Scheduled Sits
Toileting Schedule

Time on and off the Toilet

Scheduled Sits

Fixed Schedule Sits
- Less intensive schedule
- More practical for school
- Can be used if
  - First time toilet training
  - Learner stays dry for at least 30 minutes

Intensive Schedule
- Successful method for learners that previous attempts failed
- Intensive schedule that is quickly decreased
- Designed to be started at home
  - Start over a break from school

For both methods, steps on and off toilet and handling accidents are the same
Fixed Scheduled Sits

- Sit on toilet every 30 minutes
- Set timer for 30 minutes
- Sit for 5 minutes or until urination occurs

Increasing Time between Sits

- After 3 consecutive days without accidents, increase time off the toilet by 15 minutes

| 30 min | 45 min | 60 min |
Scheduled Sits

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Increasing Time off the Toilet

<table>
<thead>
<tr>
<th>Level</th>
<th>Time On Toilet/ Time Off Toilet</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>10 min on/5 min off</td>
</tr>
<tr>
<td>2</td>
<td>10 min on/10 min off</td>
</tr>
<tr>
<td>3</td>
<td>5 min on/15 min off</td>
</tr>
<tr>
<td>4</td>
<td>5 min on/25 min off</td>
</tr>
<tr>
<td>5</td>
<td>5 min on/35 min off</td>
</tr>
<tr>
<td>6</td>
<td>5 min on/45 min off</td>
</tr>
</tbody>
</table>

- Stay on each Level for 1 hour
- If no accidents occur during the hour,
  • Move to the next Level
- If an accident occurs during the hour,
  • Stay on the current Level for an hour
### Increasing Time off the Toilet

<table>
<thead>
<tr>
<th>Level</th>
<th>Time On Toilet/ Time Off Toilet</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>5 min on/1 hour off</td>
</tr>
<tr>
<td>8</td>
<td>5 min on/1.5 hour off</td>
</tr>
<tr>
<td>9</td>
<td>5 min on/2 hours off</td>
</tr>
<tr>
<td>10</td>
<td>5 min on/2.5 hours off</td>
</tr>
</tbody>
</table>

- Stay on each Level for 4-6 hours
- If no accidents occur during the 4-6 hours,
  - Move to the next Level
- If an accident occurs during the 4-6 hours,
  - Stay on the current Level for an additional 4-6 hours

### Increasing Time off the Toilet

<table>
<thead>
<tr>
<th>Level</th>
<th>Time On Toilet/ Time Off Toilet</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>5 min on/3 hours off</td>
</tr>
<tr>
<td>12</td>
<td>5 min on/4 hours off</td>
</tr>
</tbody>
</table>

- Stay on each Level for 2 days
- If no accidents occur during the 2 days,
  - Move to the next Level
- If an accident occurs during the 2 days,
  - Stay on the current Level for an additional 2 days
Remember...

- Bring your learner to the restroom following every request or show they may need to go!

Bowel Movements
Bowel Movements

- Sometimes, bowel movements will successfully be trained during toilet training
- However, it may be more difficult
  - Bowel movements don’t happen as frequently as urination
- You may need a specific plan for bowel movements!

Tips for Successful Bowel Movements

- Record the times of day that your learner has a bowel movement
- Pay close attention to the movements and faces seen before bowel movements
- Have a specific reward that is only used during bowel movement training

IMPORTANT: Never use laxatives without guidance from a medical professional
Bowel Movement Training

Transition to the toilet about 20 minutes before they usually eliminate

Sit for 10 minutes

Say, “Okay, go poo.”

If Bowel Movement Occurs...

- Give learner favorite reward and enthusiastic praise
  - Bowel movements don’t happen frequently, make the reward for bowel movements memorable!
- After, help learner complete bathroom routine
If Bowel Movement Doesn’t Occur…

Help learner off toilet
Help learner complete bathroom routine
Return to restroom in 10 minutes
Continue to watch for facial expressions

Increasing Initiations
Promoting Spontaneous Requests

- Start when your learner is steadily using the restroom
- Slowly increase the learner’s distance from the bathroom when you deliver the prompt to request the restroom
- Wait to see if your learner will request the restroom when he/she shows signs that he/she needs to go
  - Ask, "What do you need?"
- Provide reward for requesting the restroom
  - Should be different than reward for using the bathroom

Promoting Self-Initiations

- Ultimate goal for home settings
- When it is time for your learner’s scheduled sit, have the learner sit in a chair in the bathroom.
  - If they move to the toilet, provide praise and a reward for moving to the toilet
  - If they have an accident on the chair, immediately help them to sit on the toilet
- When your learner is steadily moving from the chair to the toilet without your assistance, slowly increase the distance between the chair and the toilet
Data Collection

- Very important!
- This can inform if
  - Training is effective
  - You should increase or decrease time off toilet
Data Collection Sheet

<table>
<thead>
<tr>
<th>Date</th>
<th>Current Schedule</th>
<th>Time</th>
<th>Ind. Request</th>
<th>Elimination On Toilet</th>
<th>Accident</th>
<th>Initials</th>
</tr>
</thead>
<tbody>
<tr>
<td>4/15</td>
<td>5 on/15 off</td>
<td>9:00</td>
<td>Yes No</td>
<td>U BM NA</td>
<td>U BM NA</td>
<td>DD</td>
</tr>
<tr>
<td>4/15</td>
<td>5 on/15 off</td>
<td>9:20</td>
<td>Yes No</td>
<td>U BM NA</td>
<td>U BM NA</td>
<td>CD</td>
</tr>
<tr>
<td>4/15</td>
<td>5 on/15 off</td>
<td>9:50</td>
<td>Yes No</td>
<td>U BM NA</td>
<td>U BM NA</td>
<td>CR</td>
</tr>
</tbody>
</table>

Learning to Tolerate the Restroom
Dislike of Bathroom

- Some learners may cry or engage in problem behaviors when they are instructed to sit on the toilet
- Before starting toilet training, teach your learner to tolerate the restroom

Learning to Tolerate the Bathroom

- First, determine how long your learner will stay without problem behavior
  - How long will they stay in the bathroom?
  - Will they sit on the toilet?
  - How long will they sit?
- This will be your starting goal
Learning to Tolerate the Bathroom

1. Bring your learner’s favorite toys and activities in the bathroom
2. Set timer for current goal
3. They can continue play as long as they have appropriate behaviors
4. Give favorite edible once they reach the current goal without problem behavior
5. Allow learner to leave restroom

If Problem Behavior Occurs...

1. Take your learner out of the bathroom (leave the fun activities in bathroom)
2. Stay near restroom, avoid providing attention or other fun activities
3. Once calm, bring learner back into restroom and allow them to play with fun activities
4. Reset timer and give favorite edible once they reach the current goal without problem behavior
5. Allow learner to leave restroom
Setting Goals for Tolerating the Bathroom

1. Walk into restroom
2. Stay for 15 seconds
3. Stay for 30 seconds
4. Stay for 1 minute
5. Stay for 2 minutes
6. Stay for 3 minutes
7. Stay for 4 minutes
8. Stay for 5 minutes

Setting Goals for Sitting on the Toilet

1. Sit for 1 second
2. Sit for 15 seconds
3. Sit for 30 seconds
4. Sit for 1 minute
5. Sit for 2 minutes
6. Sit for 3 minutes
7. Sit for 4 minutes
8. Sit for 5 minutes
Learning to Tolerate the Bathroom

- If problem behavior in bathroom persist or worsens, contact a Board Certified Behavior Analyst

Using Different Restrooms
Practice Using Different Restrooms

- Start by practicing in different restrooms at home/school
- Look for opportunities to practice in new restrooms
  - Always have rewards with you
- Use same phrases in new locations
- If your learner uses a toilet seat, you may need to help them stay on the toilet

Final Tips for Increasing Success
Nighttime Training

- Start nighttime training when your learner remains dry throughout the day
- Limit liquids 1-2 hours prior to bed
- Have learner use restroom immediately before bed
- Use urine alarm or urine alarm pad
- Wake learner to use restroom

Tools to Help

- “Potty Watch”
- Wet Stop
Teaching Boys to Stand Up

- Start when your learner has had successful urinations and is urinating within 1 minute of sitting on the toilet
- Use targets to help with aim
- Guide arms to help with aim

Last Tips

- BE CONSISTENT
- Don’t ask, tell your learner
- Use the same phrases and words in the restroom
- Use simple phrases
Resources

- The Bed Wetting Store
  - http://bedwettingstore.com

- *Toilet Training in Less than a Day* by Nathan H. Azrin & Richard M. Foxx

- Toilet Training Manual