

Toilet Training

A workshop for Parents

Jenny Tsagalas

Behaviour Support Specialist

Autism Service



AIM OF WORKSHOP

- To give you practical information regarding toilet training techniques for you and your child.
- To ensure that you and your child are ready to start the process
- For your child to follow the toileting routine as independently as possible
- For the number of accidents (urinating & bowel motion in inappropriate places) to be reduced.
- For your child to urinate and have bowel motions in the toilet.
- For your child to indicate his/her need to go to the toilet.

READINESS FOR TOILET TRAINING



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Is Your Child Ready?

Pre-Requisites:

- Does s/he sit and stand independently?
- Can s/he climb onto a chair without help?
- Can s/he follow simple directions?
- Is s/he aware that they want to “go” or have had an accident?
- Does s/he communicate this by change of facial expression, gesture, PECS, words etc.



READINESS FOR TOILET TRAINING CONT.

- Does your child need to acquire communication skills in conjunction with the program?
- Prompt
- Internal cues and awareness of bodily sensations



Is your child in full health?

- *Are there any medical problems that might impact on the child's ability to be successfully toilet trained at this time?*
 - impaired neurological bladder and bowel control
 - Small bladder capacity
 - Constipation.

If any of these are present it is necessary to work alongside with GP, OT or any other relevant medical professional

- *You will also need to ensure that your child is drinking an sufficient amount of liquid, exercising and eating food high in fibre –as much as possible*



PARENT READINESS FOR TOILET TRAINING

Are you Ready?

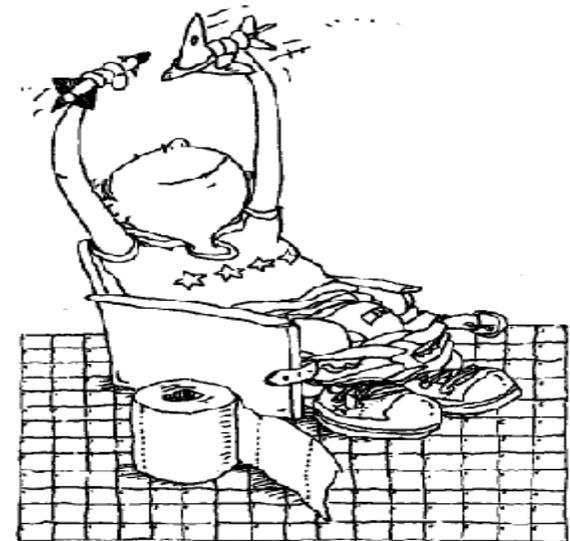


- Are you in the right mood/ frame of mind to persevere?
-It is necessary to have a calm approach and not to focus on acquiring toileting as a struggle
- Do you have a potty or suitable toilet seat?
-if the child has sensory needs or anxieties
- Will you be able to encourage and reinforce your child when he does things correctly and ignore/ not react vocally or non vocally at times when s/he has accidents? Remain calm with a neutral tone of voice, appearing calm even if you are not
-remember importance of body language etc and non verbal communication for someone with ASD
- can you spend 5-10 times a day up to 8-10 times a day on toilet training?



PARENT READINESS FOR TOILET TRAINING CONT.

- Can you let your child wear pants rather than nappies once you start?
- Can s/he wear clothes that will facilitate toileting?
- easy to pull down-therefore less likely to have accidents?
- Have you identified specific items (reinforces) that will establish and strengthen his/her new skill of using the toilet?
-Ensure that this specific item is only available for this purpose and never in any other situations.
- Do you have visual cues in the environment to support the program?



PART 1

TOILET TRAINING

- Toilet training is one of the first things to learn

- Social acceptance
- Privacy
- Dignity & Respect



- Persons with autism can find this process challenging
 - May lack a natural desire to become toilet trained due to lack of social motivation
 - Difficulties with sequencing information and organisation of self and attending to the relevant information. As a result, following the steps involved in toilet training and to stay focused on these can be a challenge

PART 1 CONT.

TOILET TRAINING

NEED FOR ROUTINE- change from nappy to underpants can be a difficult transition as a very deep rooted routine is being changed. This may lead to resistance.

SENSORY AWARENESS- May result in difficulty recognising the relationship between bodily sensations and everyday functional activities.

-Fail to recognise that the sensation of needing to go for a wee as a warning trigger that it is time to go to the toilet and follow the toilet routine.

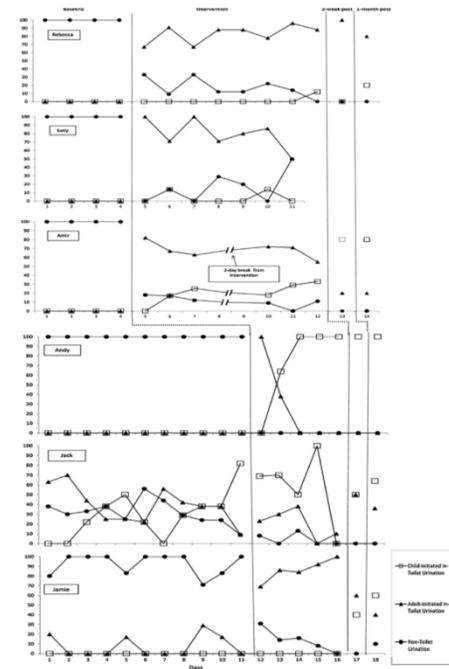


INFORMATION GATHERING

- You will gather 2 weeks of information until next time we meet
- Recording sheets will be provided –fill these out to give a full picture of how often and when the child urinates and have bowel movements.

NOTEBOOK:

- Awareness of being wet or soiled?
- Do they pause while wetting or soiling?
- Dressing skills; can the child dress/ undress without assistance?
- Particular fears or interests relating to the bathroom –ex flushing, turning on taps, mirrors, sensory issues such as feel of toilet seat, light, echo, etc.
- Attention span- good or poor?
- Can the child sit on the toilet for a sufficient period of time?



This information is crucial for the next workshop as it will be the foundation for the following steps and designing your child's individual program

Example of Toilet Program

<http://www.youtube.com/watch?v=d1cuHITNbH0>



toilet



WE WILL TALK ABOUT THE FOLLOWING...

- Prepare the environment
- Visual support
- Visual schedules
- Individualised plans
- Meet up for session 2: 6th March at 10am
- Meet up for session 3: 27th March at 10am



Pants down



Sit on toilet



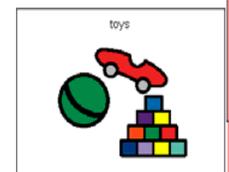
Use toilet paper to wipe



Pants up



Wash hands



IN PREPARATION FOR SESSION 2
CHECK LIST For Parent's:

*Please post/drop in the following items on the To Do list for Jenny
before*

26/02/2014

<ul style="list-style-type: none">• <i>Fill out Data (information) Sheets</i>• <i>Diary for 2 weeks.</i>	
<ul style="list-style-type: none">• <i>Write down possible Motivators (e.g. preferred items, toys, activities and eatables) that will work well as rewards for your child.</i><ul style="list-style-type: none">• <i>Ensure that these are rewards that you are happy to give to your child continuously</i>	
<ul style="list-style-type: none">• <i>. Pictures and other materials (such as social stories) that you think you may need for the toileting process</i>	
<ul style="list-style-type: none">• <i>Write down different possible obstacles that may affect the success of your child's toilet training.</i><ul style="list-style-type: none">• <i>Examples may include: anxieties around flushing toilet, sitting on toilet, parents fear of failure, worry around time consumption, and interfering with family life too much.</i>	

Parent's Experience

http://www.youtube.com/watch?v=qcm6X_Wh1GE



Resources:

- www.med.monash.edu.au/sspm/research/devpsych/actnow
- www.nas.org.uk
- [Toilet Training Your Child -- FamilyDoctor.org](http://FamilyDoctor.org)
- behavioradvisor.ipower.com/Autism&Toileting.html
- <http://www.autismepicenter.com/autism-potty-training.shtml>
- <http://www.autism.org.uk/living-with-autism/understanding-behaviour/toilet-training.aspx>
- <http://autism-daddy.blogspot.ie/2011/12/all-about-kyle-potty-training-step-by.html>
- www.tinkletonz.com/special_needs.html
- www.freeprintablebehaviorcharts.com/potty_training_and_autism.htm
- www.autism-help.org/behavior-toilet-training.htm
- <http://teacch.com/educational-approaches/applying-structured-teaching-principles-to-toilet-training-susan-boswell-and-debbie-gray>
- http://www.ehow.com/video_4774467_delayed-potty-training-children-autism.html
- www.pottytrainingconcepts.com/CTGY/Musical-Potty-Chair.html
- www.toys.ie > [Baby](#) > [Toilet Training](#) > [Toilet Training](#)
- www.dri-sleeper.com/

Thank you!!!

**See you on the 6th March at 10am here at Western Care,
Castlebar**



The Best of Luck

Please do not hesitate to Contact me should you have any questions!!!

jtsagalas@westerncare.com

Phone: 087 1214574