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# Teaching Tips for Parents Getting Ready to Toilet Train

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# Why?

- ▶ When we think about toilet training, we think about wet and dry.
- ▶ Incontinence will impact your family and child in later life



# What are some of the factors that affect learning to use the toilet?

- ▶ Is your child dry for at least 90 minutes ?
- ▶ Can your child sit on toilet for 5 minutes?
- ▶ Can your child complete simple directions?



While you are waiting for your child to be “ready” .....

- ▶ Acquire the materials/equipment do you need to teach “going potty”
- ▶ What do we do in a bathroom? What are specific bathroom/toileting rules and routines in your house ?



# What we can do while waiting for readiness.....

- ▶ Change diaper/pull ups in bathroom pair with an icon for going to the bathroom
- ▶ If possible, have your child stand up to get his/her pull up changed; this allows for more active participation for your child (wiping, flushing toilet with used toilet paper, hand washing etc.)
- ▶ Provide reinforcement preferably in the bathroom



# Which skills can you teach now?

1. Walk into the bathroom
2. Turn light on
3. Close the door
4. Pull pants down
5. Pull underwear down
6. Sit on toilet seat
7. Go “pee”
8. Pull off 6 pieces of toilet paper
9. Fold toilet paper
10. Wipe front to back

11. Drop toilet paper into toilet
12. Stand up
13. Pull underwear up
14. Pull pants up
15. Flush the toilet
16. Walk to the sink
17. Turn on the water
18. Push soap dispenser 2 times
19. Rub hands together
20. Put hands under the water and rinse soap off
21. Turn off the water
22. Dry hands with towel
23. Leave bathroom

<https://www.consultant360.com/articles/toilet-training-strategies-success-children-developmental-disabilities>



# Remember.....

- ▶ You are not alone in your journey.
- ▶ If you have any questions, feel comfortable asking for help
- ▶ Check out resources at the Putnam County Educational Service Center





# For more information on these topics use the Parent Library at the Putnam County Educational Resource Center

*Steps to Independence: Teaching Everyday Skills to Children with Special Needs*

Bruce Baker, Alan J. Brightman and et al.

*The Potty Journey: Guide to Toilet Training Children with Special Needs,  
Including Autism and Related Disorder.*, Coucouvanis, Judith

*Toilet Training for Individuals with Autism or Other Developmental Issues*, Second  
Edition, Wheeler, M.

*Visual Supports for People With Autism: A Guide for Parents and Professionals*,  
Cohen, Marlene





# Bibliography

Steps to Independence: Teaching Everyday Skills to  
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Bruce Baker, Alan J. Brightman and et al.

Google Images (retrieved June 2021)



