

Toileting Home Program: Foundational Skills



Your Child is Working On:

- Indicates discomfort in a soiled diaper
- Taking part in dressing

What to do at Home: Remember to start small. Ease into this new aspect of your child's life. It will eventually become a part of their daily routine.

BBD Tip: Be on the lookout for discomfort in a soiled diaper. This could appear as:

- Looking uncomfortable
- Pulling/tugging on diaper
- Hiding
- Walking unregularly
- Crying/whining

When dressing after toileting, encourage your child to participate.

- Extend arm/leg when putting clothing on
- Attempt to pull pants down/up during dressing times with caregiver

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You can help your child during:

Toileting/Diaper Change:

- Start to complete diaper changes in the bathroom
 - This links that diaper eliminations/changes occur in the bathroom from now on
 - Label this to your child
 - Ex. "It's time to change your diaper, let's go to the bathroom, etc."

Build Your Skills:

Label the status of your child's diaper during changes.

Dry: use positive reinforcement to encourage the child to keep their pull up dry and identify that is the intention.

- Give verbal praise
 - "Your diaper is dry, great job! You're nice and clean!"
- Use excited/happy tone
- Show positive facial expressions

Wet: indicate the diaper is soiled and initiate a change in the bathroom.

- Do not dwell and make this very negative
- Using a more neutral tone in comparison to the verbal praise for dry diapers
 - "Your diaper is dirty, you need a change"
 - This will help the child differentiate and learn expectations

Tips and Tricks:

- Take Data!
 - Collect times of when your child is wet/eliminates
 - Indicate if the child has urinated or had a bowel movement
 - Notice if there are any patterns. This will be helpful in the next step of potty training.