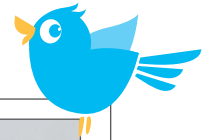


Toileting Home Program: Expanding on Skills



Your Child is Working On:

- Anticipating the need to eliminate
- Completing bathroom breaks independently
 - Pulling pants up/down, toileting, washing hands

What to do at Home: At this point in the toilet training process, you should be familiar with using a data sheet.

- Collect information of when your child is using the bathroom
- Record whether or not your child is having successful voids in the toilet
- Use the data sheet to establish a routine for toilet training

Take your child at specific times throughout the day that your child typically eliminates

BBD Tip: You're at the last home-stretch of helping your child during their toilet training! Your child is learning to anticipate the need to eliminate. Practice using communication to request a bathroom break. Make sure there is enough time to successfully eliminate in the toilet.

Toileting Home Program: Expanding on Skills

You can help your child during:

Toileting:

- Create a toilet training schedule. Take your child to the bathroom every 1-2 hours.
- Example schedule:
 - When your child first wakes up
 - Before they leave for school
 - Arriving at school
 - Before/After snack time
 - Before/After lunch time
 - When arriving home
 - During the evening
 - Before bedtime
- As the child becomes consistently successful with the routine, begin to fade the specific times taken
- Encourage your child to complete dressing/undressing independently
 - If they are struggling, prompt them to request help and assist them

Build Your Skills:

Have your child practice anticipating the elimination.

Label signs that indicate that your child needs to go to the bathroom.

- Ex. touching private area, bathroom dance
- "It looks like you need to use the bathroom, you're ___"

Ask your child if they need to use the bathroom at their typical times.

- Do not automatically take them to the bathroom
- ex. "Do you have to go to the bathroom/potty?"

If your child says yes:

- Encourage them to go independently

If your child says no:

- Respect their decision not to go
- Ask them again a little while later

Once your child has mastered this skill, put them in charge!

- Remind your child "let me know if you have to go potty"
- Have your child work on letting YOU know versus the adult prompting

