Guidelines for Implementing Toilet Training

"Toilet Training in Less Than A Day" (Foxx & Azrin)

Supplies Needed:

- Variety of drinks, candies, treats
- Several pairs of loosely fitting underwear

Phase I:

1. Determine instructional readiness for training
    a. Ask him/her to point to/touch
        i. His/her nose
        ii. His/her eyes
        iii. His/her mouth
        iv. His/her hair
    b. Ask him/her to
        i. Sit down on a chair
        ii. Stand up
        iii. Walk with you to a particular place, such as the bathroom
        iv. Imitate you on a simple task such as patty cake
        v. Bring you a familiar object, such as one of his/her toys
        vi. Place one familiar object with another – for example, "Put the doll in the wagon."

If he/she carries out at least 8 out of 10 of these instructions, he/she is ready for this potty training protocol and you can move to phase II.

Spectrum OPTIMAL CARE

Phase II:

- When beginning the potty training program, be sure that the child is wearing regular underpants. Diapers or pull-ups may only be worn each night while the child is sleeping, but should be replaced with underpants when they awake.
    - *TIP: If your child has a sensitivity to underpants, you can try placing a pull up over the underpants. The goal is to keep the "natural consequence" of wetting their underpants. This provides additional motivation to use the toilet.*
- Keep the child's bladder full most of the day by giving the child as much fluid as they can drink.
- Take the child to the bathroom every 30 minutes. Stay on the potty for 3 minutes or until the child voids. If the child does not void, instruct them to put their clothing back on using minimal prompts and allow them to leave the bathroom.
    - *Boys should also be sitting on the toilet.*
- When the child tries to get off the toilet, remind them, "First potty, then _____."
    - *If needed, use a "first-then" board for visual assistance*
- If the child voids during this time, provide tangible reinforcement and praise immediately. Prompt them as little as possible to pull their clothing back on and allow them to leave the bathroom.
- Every 5 minutes, check the child to see if they are dry. Put the child's hand on their pants so they can check themselves. If the child is dry, provide reinforcement and praise.
- If the child is not dry during "dry checks", be sure they touch the wet pants and tell them where they are supposed to urinate. Say **neutrally**, "We had an accident. We go pee-pee (or poo-poo) on the potty." Then immediately take them to the bathroom. Prompt them to sit on the potty, and then prompt them to stand and pull their wet clothes off. Prompt the child to change their underwear as independently as possible. Do not provide a lot of attention during this time.
- Typically, children will have many potty accidents when you first begin this procedure. Do not get discouraged. Continue to implement the accident procedure.
- The second time the child self-initiates, stop scheduling the child for potty time. At this point you will not schedule them again. *If you continue to schedule the child they will become dependent on the schedule and not initiate.*
- Be sure to continue to fill the child's bladder with fluids. Initially, more accidents will begin to occur. Use positive practice when this happens.
- The accidents should cease within a short period of time. Usually the child will then begin to initiate frequently. If the child self initiates one time and never initiates again (over the next two weeks), start scheduling them again.
- A requesting repertoire is not a prerequisite for this procedure. You should not be requiring the child to mand for potty during training *(do not prompt them to ask for the potty)*.
- After the child has had 20 consecutive initiations with no accidents you may stop forcing fluids.
- When you are ready to try to take them to the store or other public places use the following procedure: Fill the child's bladder before you leave so that they should need to go as soon as you get there. Find the restroom as soon as you get to

the store. Walk in with the child but say nothing. Walk to the stall and show them the toilet. See if they will initiate. If they do not, try using minimal prompts.

- Bowel training: Accidents of this type will continue to occur after the voiding is under control. Resist the temptation to put the child back in diapers. Do not use positive practice for BM accidents. Assist with cleaning up to keep things more sanitary.
- If the child has a fairly regular bowel schedule you may want to try to schedule them and have them sit on the toilet for a while during that time.
- Once the child is voiding and having BM's in the potty, it is then time to teach the boys to stand while urinating.
- Once the child is self-initiating for a period of one month with no accidents, you may then teach them to mand for the potty by stopping them when they are walking to the toilet, temporarily blocking access to the toilet, and prompting them to mand for the potty. Do not teach the child to mand until self-initiation is strong.
- If errors continue to occur, ensure the procedure is being run properly. If they are, make sure medical issues have been ruled out.

Toileting Data Tracker

Materials Needed:

Underwear (Child should only wear underwear on the bottom during initial training).
Fluids/drinks
Token Board
Immediate and Backup Reinforcer
Patience :)

Instructions:

1. Start exactly on the hour (i.e. 9:00 am) for ease of data collection. Start first thing in the morning to ensure you have time to commit to the process until the child voids independently.
2. Provide the child with as much fluid as he will take. This can be in the form of water, milk, juice, popsicles (consider sugar free if concerned about sugar content), etc. Encourage them to drink more than usual.
3. Child should remain in underwear throughout the process. No pants/shorts. Shirt is ok.
4. Stay focused on the child once you start as you don't want to forget and set the child up to have an accident. Keep an eye on his behavior. If he seems like he really has to go and it's not the time on the data sheet yet, go anyway and mark if he voids. Edit the time of that box.
5. Be patient. If you are consistent, and you've given a lot of fluids, the child WILL eventually be void. If this occurs as an accident when not on the toilet, try to refrain from using a corrective tone. Remind him that we go pee on the potty. Using limited attention and minimal prompting assist him with taking off the wet underwear and bringing them to the hamper/location you would prefer them. We don't want it to be a punishment but at the same time teach him that going on the toilet would be easier than the process of changing when wet.
6. After the child is voiding independently, stop using the schedule.
7. At this time, the treatment team can assist with focusing on teaching the child to request to use the toilet, have a BM on the toilet, and begin night training.
8. Make sure you have a valuable reinforcer. Every time the child voids, he should receive praise, a small item/candy/gummy/or preferred healthy snack as well as a token on the token board. Upon receiving 5 tokens, the child should receive a bigger prize (i.e. a toy car/preferred small toy). These **items should not be** available outside of toilet training. (i.e. if you are using fruit snacks, no fruit snacks throughout the rest of the day).

Cups of Fluid Taken: _____ Time/Date of Self-Initiation: _____

Client Name:_____ Staff/Parent: _____ Date: _____

Gives Much Fluid as child will take.	**8:00**	**8:30**	**9:00**	**9:30**	**10:00**	**10:30**	**11:00**	**11:30**	**12:00**	**12:30**	**1:00**	**1:30**
a. Wait 20 Min.												
Directed child to toilet (minimal prompt)												
Directed child to pull down pants and sit down (minimal prompting)												
Mark a "+"here if child voided at this time. Add a "-" if not. Provide Token & small reinforcer if voided.												
a. If no void after 5 minutes, end attempt.												
b. Direct child to pull up pants (minimal prompting)												
c. Check if dry underwear every five minutes until next time frame -praise for dryness!												
d. If accident, use minimal prompting to help him change. Neutral tone, limit attention. -Do not scold.												