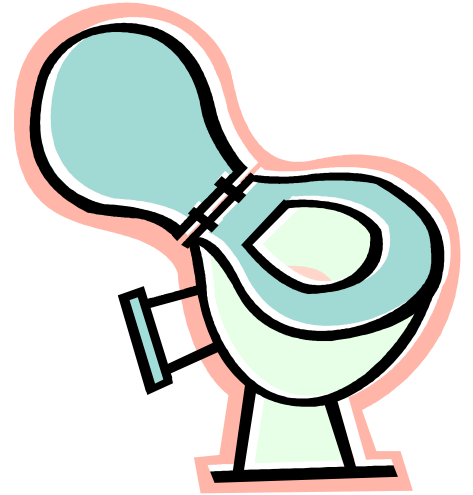


It's Potty Time!



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&

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Potty Training and Children with Autism

- Children with ASD can potty train at the same age as typical children
- Characteristics of ASD that may interfere
 - Communication
 - Social motivation
 - Adherence to routines and rituals
 - Rigidity

How do you know if they are ready?

- Are you ready?
- At least 18 months old—maturation of sphincter muscles
- No BMs through the night
- Dry diaper for at least 1 ½ hours
- Ability to follow adults' directions



Do they know if they are ready?

- Awareness of the need to go:
 - Squatting
 - Taking off diaper when wet
 - Hiding to have BM or urinate
 - Grunting or straining
 - Doing the “Potty Dance”



Additional “Readiness” Behaviors for Children with ASD

- Can the child sit and attend for short periods of time?
- Does the child have activities he or she enjoys (i.e., looking at books, singing songs etc.)?
- Does the child understand the relationship between completing a task and earning a reinforcer?

Two approaches



- Trip training – Method of developing bladder control by regularly accessing toilet on “trips”.
- Pros: More casual approach, less stringent.
- Cons: Takes longer & higher probability of accidents/set-backs.
- Rapid Toilet Training – by Azrin & Foxx, 1970s.
- Intensive day-long training sessions
- Pros: Quicker results, less chance of accidents/set-backs.
- Cons: More labor intensive.

Which do we choose?

- We combined both approaches for a practical, comprehensive method for toilet training, both typically-developing children and those with autism.



Toileting Program

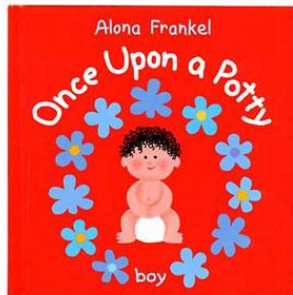
Before you start:

1. Get what you need:

underwear/pull-ups

potty chair vs. no potty chair

Reinforcers!



Know when to go!

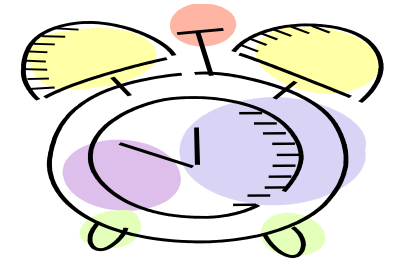
2. Take baseline data:

- Count number of wet diapers and time of day for three days in a row.

- Tally time and when you changed them beside changing table.



Toileting Program



3. Select potty time for 5 minutes prior to when your child typically urinates.
4. Help them onto the toilet, if needed....& praise!



Toileting Program

5. Keeping them on the potty

Distraction and interaction!



(Have child read a book, sing a song, play a game, or watch a DVD to occupy time on the potty).

Toileting Program

6. Reinforce with a highly preferred activity or toy (examples: books, new toy, special candy, etc.)



Toileting Program

7. Flush, wash hands, and allow child to get up and play (with cotton underwear or bare-bottomed).



Toileting Program

- Repeat steps within 5 – 10 minutes of estimated potty time.
- It is critical to keep a structured, consistent schedule during the early phases of toilet training.



Toileting Program

- Use a picture schedule to help child to learn what to do when they go to the potty. Use a timer to help remind parents when to take them.



Toileting Program

- “Pants check”
 - Do this often, when you know they are dry and reinforce them in a big way!



Toileting Program

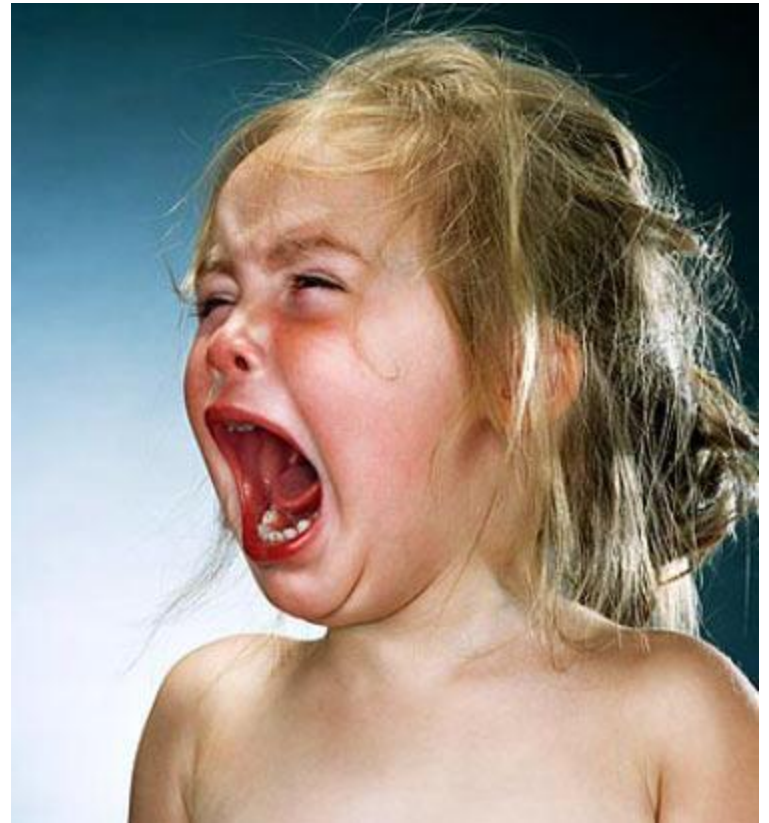
- After child consistently stays dry for at least 30 minutes, put them in cotton underwear.



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What do I do if.....?

- Accidents
- Non-compliance
- Night-time training
- Regression/set-backs



In case of an accident...



1. Remain calm and neutral at all times.
2. Have child participate in cleaning up his pants or the mess.
3. Remind him of the process and his reinforcement.
4. Take him a little earlier next time, and remind him of the process again.
5. Reinforce big when he goes!!!!

What if they won't comply?

- 1. Remain calm, if the child “tantrums”.
- 2. Keep a neutral attitude and tone of voice.
- 3. Avoid discussing the issue at length.
- 4. Follow procedures regardless of initial resistance (child usually stops tantrum when they know the procedure will be followed regardless)
- 5. Deliver reinforcement for following procedure –regardless of success at urinating in the potty.



Night-time training

- For some children, bladder control during the day will generalize to night.
- Keep a nightly routine:
 - Limit fluid intake to 2 – 3 hours before bed
 - Encourage child to use restroom before bed
 - Wake child up very early morning to go (and allow to return to bed).

Bed-wetting

- Consider using waterproof pads or pants (over cotton panties) or a pants alarm.
- If child exhibits anxiety, do not use the alarm.



Set-backs

- It isn't unusual for children to have set-backs after being potty trained for a while.
- Some reasons may be:
 - Significant change in lifestyle, i.e. birth of sibling, moving to new home, change in room, starting day care or school, etc.
 - Illness, i.e. bladder / kidney infections, stomach viruses, extreme fatigue, fever, etc.



How do I handle set-backs?

- 1. Progress through the next steps in the toileting sequence (change, clean up, wash hands, *start over*).
- 2. Remain neutral but remind them of the steps and practice.
- *(use visual schedule to remind them of their reinforcers!)*
- 3. Re-introduce those reinforcers to promote success!



Questions/Comments?



There are
NO STUPID QUESTIONS
or stupid answers.

Resources

- www.pottytrainingconcepts.com
- <http://bedwettingstore.com>
- <http://parenting.ivillage.com>
- www.pottytrainingconcepts.com
- Azrin & Foxx, Toilet Training in Less than a Day, 1974.
- Leaf & McEachin, Work in Progress, 1999.

