

TOILET TRAINING

1.

QUESTIONS TO GUAGE READINESS

Does the child stay dry at least two hours? Can they pull bottoms on and off? Are they following one step directions? Do they go into the bathroom and ask questions about

2.

TAKE A SEAT

Encourage the child to sit on the toilet with their clothes on and diaper on.

3.

PULL DOWN

Have the child sit on the toilet with no bottoms on. Most children with autism, sensory differences, or trauma tend to have difficulty with the cold toilet seat touching their skin. This step may take a few trials. Make sure to take the child off as soon as they are uncomfortable to keep the experience positive.

4.

GIVE TIME TO VOID

Autistic children and children who have experienced trauma tend to have difficulty knowing what their body needs (interoceptive skills). Therefore, scheduling potty time would be helpful (before breakfast, after outside time, etc.) and prepare for it to take a bit longer for the child to void.

5.

WIPE AND FLUSH

Encourage the child to bend forward and assist with wiping if needed.

The sound of a flush can be overwhelming and triggering for many children. Therefore, making the child aware of how loud the flush can be will help minimize the sensory overload of the flush.

6.

WASH YOUR HANDS

Wash your hands with soap and water after using the bathroom to help prevent the spread of germs.