

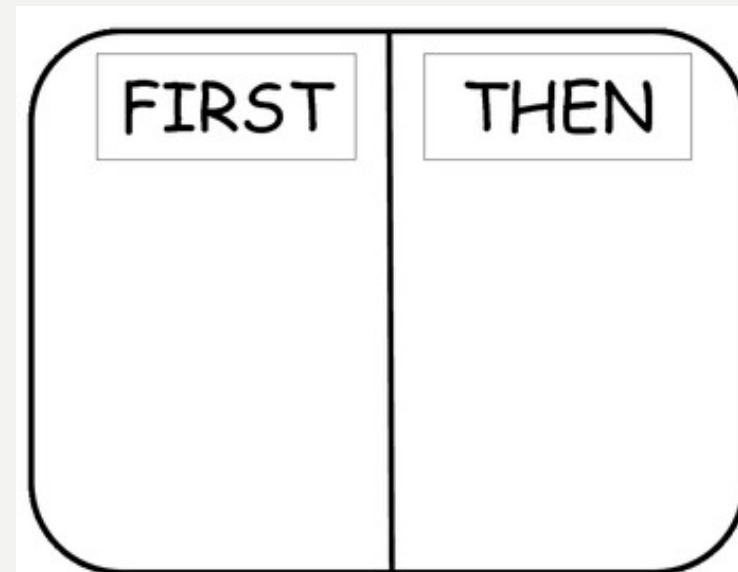
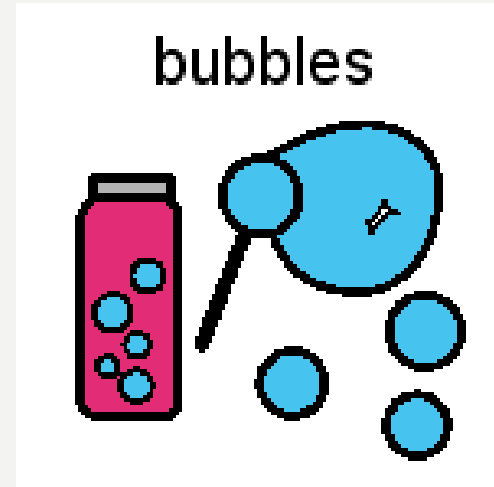
TOILET TRAINING FOR KIDS WITH ASD

JESSIE KELLY ABA TUITION



GET READY.....

- Materials Needed;
- ✓ 'First-Then' card showing 'first do wee, then _____(child's favourite thing)
- ✓ Timer
- ✓ Reinforcing item – something the child LOVES that you can withhold throughout the day, keeping specifically for this task.
- ✓ PATIENCE and PERSISTENCE



PHASE 1: PAIRING TO THE TOILET

- This phase is about teaching the child that the toilet is not a scary thing. We want the child to view toileting as a positive experience.
- Find the child's favourite thing; iPad, popcorn, bubbles, chocolate, etc. ***This should now be kept only for toileting and the child should not have access to it any other time during the day*** .
- Start by bringing the child to the toilet a couple of times a day. If the child is nervous, bring a big deal of it if the child is nervous!



DON'T RUSH IT!!

Initially, as the child enters the bathroom they should get access to their favourite item straight away...loads of praise “great coming to the toilet”

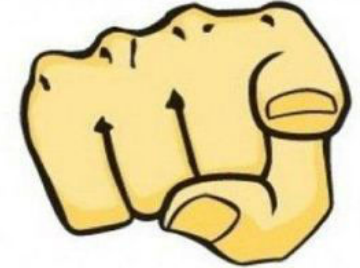
Then once they're comfortable in the bathroom, the next time you bring them they should stand beside the toilet before getting that item.

Then sitting on toilet with trousers and nappy on,

And finally sitting on the toilet with no nappy or trousers before getting access to the reinforcing item.

Loads of PRAISE, REINFORCEMENT and REASSURANCE!!

**WHO IS THE
MOST AWESOME
PERSON TODAY?**



PHASE 2: 'TOILET TRAINING'

- THE FUN BEGINS!

- Start with a 15 minute schedule
- The child should no longer be in a nappy for this phase, except for at night time or for car journeys if necessary
- Show the child 'First do wee, then _____'
- Calm interactions with child while he/she sits on toilet



- If child does a wee in the toilet:
 - ✓ HAVE A PARTY!!! 😊
 - ✓ Once the child goes, he/she immediately gets access to reinforcing item for 2-3mins
 - ✓ LOADS of praise!
- If child doesn't perform:
 - ✓ Tell the child "that's ok, we'll try again next time"
 - ✓ Child does not get access to reinforcing item

- **If the child has an accident:**

- Don't panic...it's going to happen!
- Bring the child to the bathroom to change him/her.
- Tell the child "it's time for toilet"
- Change the child's clothes in the bathroom, reminding him "we'll try again next time"
- Sit her on the toilet for a minute or two to see if she needs to go anymore
- Reset timer to 15 minutes and try again

Once the child is having no accidents on a 15min schedule over 2 to 3 days, you can increase the time to 30mins, then 45 and finally 1hr.



PHASE 3: ASKING FOR THE TOILET



- Once the child is having no accidents on a one hour schedule, he is ready to phase out the schedule and be taught how to ask to go to the toilet.
- Place 'toilet' pictures in different places around the house. These act as visual reminders!
- Throughout the day prompt the child to the picture to hand over the picture or verbalise "toilet"
- He/she now gets access to the reinforcing just for asking to go to the toilet
- E.g. Ben hands over toilet picture
- "Great asking for toilet Ben, let's go to the toilet...and here, you can have your iPad"

YOU DID IT !!

