



# Toilet Training

## Resource Supplement

Toilet training is not easy. It takes time, effort, consistency and patience. However, children need to be taught how to use the toilet just like any other skill.

Is your child ready? If your child is able to sit on the toilet for 15 minutes without complaining, can pull their pants up and down, get on and off the toilet, follow directions most of the time and has awareness of when they have soiled their diaper then they are ready to start!

We have included procedure sheets for two of the most common training strategies for you to use with your child.

### What's Included:

- Rapid Toilet Training (RTT) procedure sheet
- Scheduling toilet training procedure sheet
- Toileting Log

### Additional Resources:

- [healthychildren.org](http://healthychildren.org)
- P is for Potty by Naomi Kleinburg
- Once Upon a Potty by Alona Frankel
- Daniel Tiger's Stop and Go Potty app
- PottiTrain app
- Perfect Potty app

### For Additional Information:

Watch the Webinar



Visit our Website



**Contact Us:**

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# Rapid Toilet Training

With this method of toilet training, the majority of the day is spent in the bathroom. Your child generally sits on the toilet while doing other activities until they void. This procedure can take from one day to one week.



- Identify a reinforcer, something your child is willing to work for. Don't allow access leading up to training days. Only allow access after using the toilet.
- Plan to work on toilet training when you have a few days when you can dedicate multiple hours per day to working on toileting.
- Have preferred fluids available to encourage your child to drink an ample amount. Keep a drink close by that the child can freely access.
- Make it fun to be in the bathroom! Bring in books, toys, and allow your child to engage in preferred activities while sitting on the toilet.
- Keep it positive! Allow breaks as they are needed.
- After voiding and flushing the toilet, allow the child to spend the next 5 minutes off the toilet and playing. Then repeat the process.
- Once the child is successful with self-initiating several times, you can move on to doing scheduled trips throughout the day at regular intervals.
- As the child makes progress, gradually fade out reinforcers.

# Scheduled Toilet Training



With this method of toilet training, data is collected regarding how frequently your child is voiding in a diaper throughout the day. Your child is then taken to use the toilet at regular intervals throughout the day, sitting for a predetermined duration of time.

- Identify a reinforcer, something your child is willing to work for. Don't allow access leading up to training days. Only allow access after using the toilet.
- Collect data on when your child voids in their diaper. Pay attention to time of day, how long after meals it happens, and whether it's urine or poop.
- Once you know their schedule, begin to take your child to the bathroom slightly before you expect them to need to void next. For example, if they pee every 30 minutes, take them to the bathroom after 25 minutes.
- Have your child sit on the potty until they void. If they aren't voiding, you can have them sit for specific time (5-7) minutes before getting up if they don't go in the toilet.
- It can be helpful to have your child only in underwear during this process so they get used to the feeling of having to go without the diaper on.
- If you notice your child starting to have an accident:
  - Rush them to the toilet and remind them we pee/poop in the toilet.
  - Give reinforcement for any completion on the toilet.
  - After an accident, child may stay off the toilet until the next scheduled time.
- Once accidents drop near to zero consistently (e.g., 1 or less accidents per week for 3 consecutive weeks) AND your child is on an appropriate schedule, they can return to their normal routine.



# Toileting Log

Date:							
Time of day							
Walks to toilet							
Pulls down pants							
Wet or dry pants?							
Urinate							
Bowel movement							
Pulls up pants							
Washes hands							
# minutes on toilet							