

UNIVERSITY OF
LOUISVILLE®

KENTUCKY AUTISM
TRAINING CENTER 

Toilet Training Children with Autism

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Learning Objectives:

1. Participants will leave with an understanding of strategies on how to toilet train a child with autism.
2. Participants will leave with an understanding of where to get started toilet training their child/student.
3. Participants will leave with some resource to help them get started toilet training their child/student.

Is My Child ready for Toilet Training?

Does my child stay dry at night or during naps?

Is my child aware when they need to go to the bathroom?

Is my child aware when they have used the diaper?



Getting started!

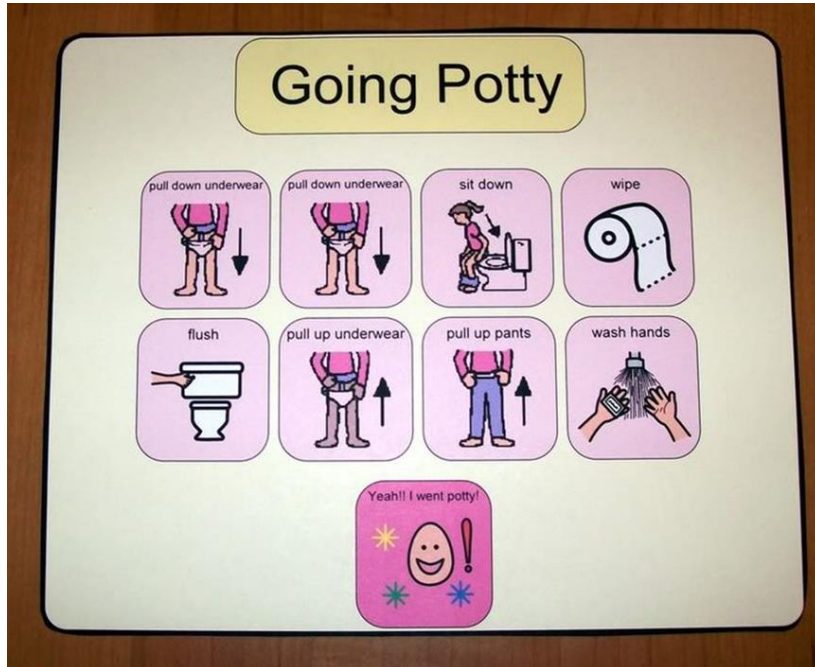
- Child Must Have a Way to Communicate Need to Potty!
- Must Address Sensory Issues!
- Must look at Motor Planning!
- Must Address Routines!
- Take Data on When & How Often Child Use Bathroom!

Reinforcement is a Must

- Start out with Powerful rewards
- At first give a reward every time & then gradually reduce rewards
- Keep rewards close

Laying a Groundwork for Success!!

- Use Bathroom for all Toileting Activities
- If Appropriate Allow child to see Others Using the Bathroom or Use Doll to Model
- Watch Videos and Read Books about Toileting



Methods of Toilet Training



Intensive Toilet Training

- Give child lots of fluids
- Schedule times to sit on Toilet
- Child is prompted to do all steps
- When successful reward, reward, reward!!!

Intensive Toilet Training Cont.

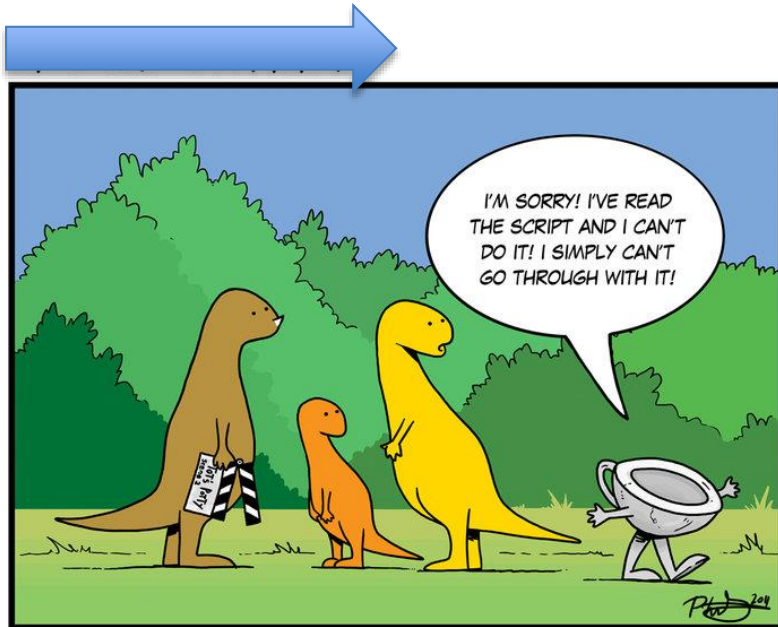
How to schedule Toileting

- Place child on toilet upon waking for 3-5 minutes (make toilet time fun by watching video, playing puzzle or other desired activity that can only be accessed on toilet.
- If child does not void then place back on toilet every 10 minutes until success
- Keep chart of when child voids

Intensive Toilet Training Cont.

- If child is staying dry gradually increase time between being placed on toilet by minutes
- If child has accident decrease time

Habit Training



POTTY TRAINING.

Habit Training

Can be considered for:

- Those who don't show awareness of toileting
- Older



Habit Training

- First you must keep a record of when child voids
- Next set up a routine based on this schedule going to the bathroom 5 to 15 minutes before child voids normally
- Bathroom breaks are on a set schedule
- Once in bathroom child sits on toilet for 5 minutes



Trouble Shooting



Bowel Movements

- Keep track of when bowel movements happen and signs that child needs to defecate
- Help child sit & relax
- Provide larger reward for success

Child Will Not Sit Down

- Make sure feet are supported
- Use a potty seat over commode or use a potty chair
- Pair the toilet with high value reinforcers
- Make sure they know how long they will sit



Flushing

- Afraid of flushing
 - Flush once the child is away from Toilet
 - Give Advanced warning of flushing
 - Allow child to have control of flushing
 - If an automatic flushing toilet place note card over to keep from flushing repeatedly

Flushing

- To much flushing:
 - Provide structure so child knows when to flush
 - If possible hide/block access to toilet handle
 - Give child something else to hold



<https://www.dealwithautism.com/forum/resources/autism-potty-training-10-tips-to-toilet-train-an-autistic-child.32/>

Playing in Water

- Provide Toy with Water Feature to play with on toilet
- Use a padded lap desk
- Provide water play at other appropriate times

Smearing

- Look at the ABC's of behavior
- Rule out medical issues such as: rectal prolapse, hemorrhoids, Encopresis, or Pica
- Stay calm do not overreact
- Clean up child and area with as little attention possible
- Try to restrict child hands in pants

Smearing

- Read social stories about using the bathroom appropriately
- Provide a ton of positive praise and reinforcement when using bathroom appropriately
- Provide child with playdough, mud, finger paint,

Using an Unfamiliar Bathroom



- Make sure communication for bathroom travels with you
- Began routine of using bathroom at home right before leaving
- Bring familiar items with you such as a similar hand towel or same type of soap used at home
- Bring visual supports with you

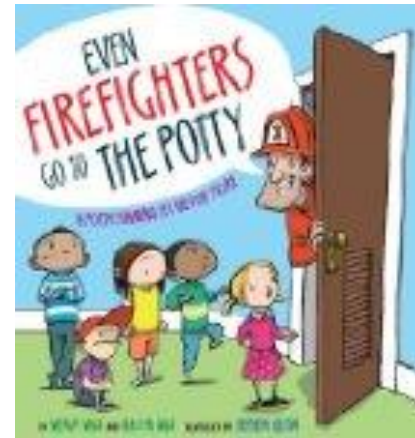
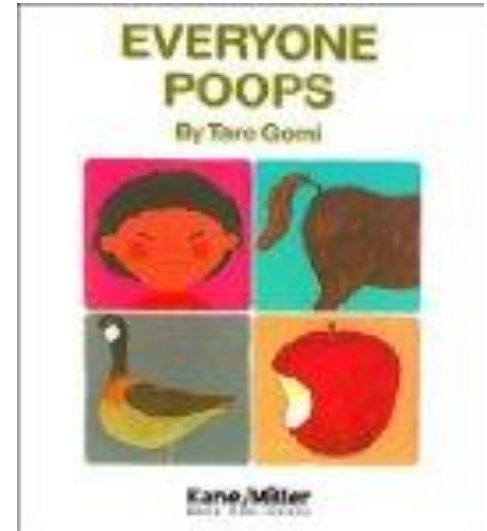
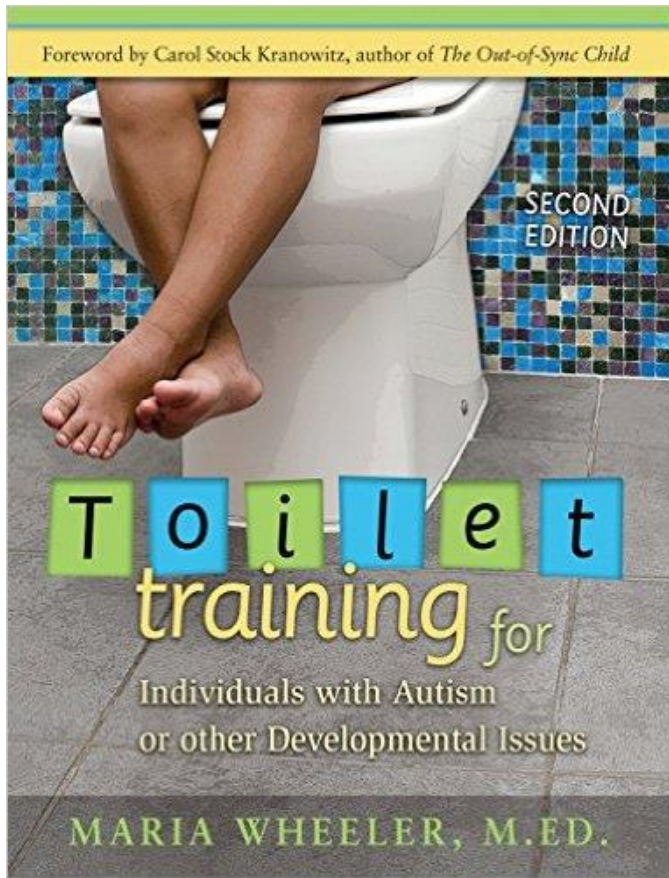
Toilet Trained only at 1 Location

- Make sure you are sharing information!
- Examine the environments to see what is different?
- Share materials such as visual supports, communication cards, social stories!

Night Time

- Have a bedtime routine that includes going to the bathroom
- Stop liquids 2 hours before bedtime

Resources



Resources:

- <https://www.autismspeaks.org/science/resources-programs/autism-treatment-network/atn-air-p-toilet-training>
- <http://www.preschoology.com/2014/01/13/visual-cue-cards-for-potty-training/>
- <http://teacch.com/educational-approaches/applying-structured-teaching-principles-to-toilet-training-susan-boswell-and-debbie-gray>

Resources:

- <https://www.teacherspayteachers.com/Product/Social-Narrative-How-to-use-the-Urinal-349500>
- <https://www.pinterest.com/pin/77968637277240234/>
- https://www.autismspeaks.org/sites/default/files/toilet_training_caregiver_manual.pdf

Resources:

- <http://www.visualaidsforlearning.com/free-sequences/91-toilet-training.html>
- <http://www.iloveaba.com/2012/03/joys-of-potty-training.html>

Questions??

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