



TOILET TRAINING

SIGNS OF READINESS

- Able to tell you (sign or gesture) that they're wet/soiled
- Understands and follows simple directions
- Prefers being dry/clean
- Remains dry for longer duration of time
- No medical concerns (UTI, etc.)

ITEMS

- Step stool
- Toilet inserts
- Visual routine strip
- Social story
- Timer
- Preferred items
- Loose fitting clothing



STEPS

- Establish timed intervals
- Place child on toilet
- If they void -> Reinforce and leave toilet
- If they do not void -> return to the toilet in 15 mins
- Increase timed interval as they meet success

TIPS

- Stay neutral when accidents happen
- Keep it positive -> toileting may take time and that is okay!
- Put them in underwear
- Sensory accommodations: headphones, relaxing music, etc. may help
- Increase intake of fluid/high fibre foods