

# TRIAD Early Intervention Toilet Training Series

## Session #1

### Environmental Modifications Checklist

- Take a tour of your bathroom and consider all of your senses (smell, sight, touch, sound)
  - What might be aversive to your child about the bathroom environment?
  - Even if your child doesn't have strong aversions, it may still be helpful to alter these things to make the bathroom a more positive place.
  
- In setting up your bathroom for toilet training, be sure to address the following...
  - Have a cushioned toddler seat and footstool.
    - Try to start on the real toilet with a seat and footstool rather than starting with a separate potty seat and having to work away from it.
    - If a separate potty seat is preferred, keep in mind early in the process how to begin transitioning to the real toilet.
  - Have a towel/blanket across their lap to mimic the feeling of a diaper.

#### Sight

- Changing Light bulbs/lamps
- Keeping door open/closed
- Adjusting blinds/curtains

#### Touch:

- Cushioned toddler seat/ Potty Seat Insert
- Footstool at base of toilet
- Handrails
- Floor mat
- Positioning of child on toilet
- Towel/blanket over lap
- Space heater
- Air Conditioner
- Rug
- Tissue already in toilet to reduce splash
- Flushable wipes
- Types of soap
- Wet wipes/hand sanitizer

#### Smell

- Candles or air freshener

#### Sound

- Flushing
- Fan

Other ways:

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