

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:
