

## Your Child

1. How might your child's challenges with social communication and restricted/repetitive behaviors impact his/her success with toilet training?

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2. What are your child's strengths that may be helpful with toilet training?

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3. What are other personal influences that may impact your child's success (positively or negatively) in toilet training (such as medical issues, etc.)?

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## Readiness

4. Identify which readiness skills your child currently has:

- ☐ Notices when diaper or clothing is wet or soiled
- ☐ Shows interest in self-care (e.g., dressing, hand-washing, toileting)
- ☐ Shows interest in other's toileting
- ☐ Completely empties bladder when voiding and stays dry about 2 hours at a time
- ☐ Has bowel movements that follow a regular and predictable pattern
- ☐ Is able to walk to and from the bathroom independently
- ☐ Has the balance to sit on toilet 2-5 minutes
- ☐ Follows a few simple directions (e.g., sit down)
- ☐ Indicates need to go to bathroom through facial expressions, postures, gestures or words

5. Identify in what ways you and your family are ready to address toilet training:

- ☐ Realistic time of the year to work on it. If not, when would be a better time: \_\_\_\_\_
- ☐ Amount of time to invest in it currently. If not, when would be a better time: \_\_\_\_\_
- ☐ High priority goal. If not, what goals need to be addressed first: \_\_\_\_\_
- ☐ Financial resources. If not, what areas need to be covered that cannot be currently: \_\_\_\_\_
- ☐ Social support. If not, ideas for increasing social support: \_\_\_\_\_
- ☐ Other factors: \_\_\_\_\_



## Goals and Action

6. Current toileting training goal:

- ☐ Sitting/Completing Toileting Process: \_\_\_\_\_
- ☐ Increasing Success: \_\_\_\_\_
- ☐ Communicating/Initiating Need: \_\_\_\_\_

7. Identify some ways to make the bathroom more positive:

- ☐ Footstool at base of toilet
- ☐ Cushioned toddler seat
- ☐ Towel/blanket over lap
- ☐ Space heater
- ☐ Rug/floor mat
- ☐ Tissue already in toilet to reduce splash
- ☐ Urine catcher in toilet
- ☐ Changing light bulbs/use lamps/adjusting blinds
- ☐ Keeping door open / closed
- ☐ Flushable wipes
- ☐ Wet wipes/hand sanitizer
- ☐ Light candles for scent
- ☐ Designated bathroom: \_\_\_\_\_
- ☐ Other ways: \_\_\_\_\_

8. Write out a general schedule of trips to the toilet and dry checks based on your daily schedule.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

9. Identify some ways to **use visual supports** during dry checks and scheduled sits:

- ☐ Change current verbal instruction to increase understanding/choose a consistent phrase (less words, more concrete, clarify expectations, pair with visual) \_\_\_\_\_
- ☐ Use visual schedule to aid in transitions/promote independence \_\_\_\_\_
- ☐ Use task analysis to break down steps of toileting process \_\_\_\_\_
- ☐ Incorporate timer/way to track time \_\_\_\_\_
- ☐ Distracting activity while on toilet \_\_\_\_\_
- ☐ Other ways to use visual supports \_\_\_\_\_



# Action Plan

10. Identify how you can **use reinforcement** with your child during toilet training:

- A. What reinforcers will you use? \_\_\_\_\_
- B. How will you make sure they are available? \_\_\_\_\_
- C. What appropriate behaviors will you reinforce? \_\_\_\_\_
- D. How will you use a First Then Board or Token Economy to communicate reinforcement?  
\_\_\_\_\_
- E. How will you communicate choices (choice board) or which options are or are not available?  
\_\_\_\_\_
- F. How often will you provide reinforcement? \_\_\_\_\_
- G. What will you say when providing reinforcement (specific praise)? \_\_\_\_\_
- H. How will you vary the reinforcement for different toileting behaviors? \_\_\_\_\_
- I. Other ways to use reinforcement \_\_\_\_\_

11. Create a plan to **respond to challenging behaviors and accidents** that may occur during toileting:

- ☐ Response to accidents: \_\_\_\_\_
- ☐ Identify the challenging behaviors you have seen/anticipate seeing: \_\_\_\_\_
  - ☐ Redirect child back to task or something neutral \_\_\_\_\_
  - ☐ Block attempts at dangerous behaviors \_\_\_\_\_
  - ☐ Provide minimal attention to behavior \_\_\_\_\_
  - ☐ Follow-through using prompting \_\_\_\_\_

## Summary

12. Create a summary of your current plan:

**Example:** Conduct dry checks every 30 minutes

Schedule 7-minute sits every 2 hours
Have him touch toilet picture to begin the trips
Stand by the bathroom door during sits with little interaction
Finish sit either when timer goes off or when he pees/poops
Provide access to book after successful sitting is over
Provide choice board for peeing/pooping in potty
Provide tickles for dry checks



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