

Toilet Training Preparation: A Guide

What is it?

You can begin laying the foundation to toilet training by beginning with these preparation steps. Doing these things, every day, can increase the change of successful toilet training when it is time to start formal training.

Six Steps:

1. Keep your child dry; change diapers frequently. We don't want your child to become accustomed to being wet. When you change him frequently, he will become used to being dry, and dislike the feeling of wetness.
2. Comment "you're wet" when changing her diaper, but do not smile, laugh, or be playful. We don't want her to enjoy the attention from getting her diaper changed. This might be something she holds on to and becomes a barrier when formal toilet training is introduced.
3. Place child on toilet in the morning and before bath time. These are two convenient times during your daily routine you can place him on the potty and get him used to sitting, in a pressure-free situation.
4. Boys should sit on the toilet until they are fully bowel trained. Do not allow your boy to stand up to urinate. This can potentially lead to problems with his ability to sit down on the toilet to have a bowel movement.
5. Identify and write down times when the child usually urinates or has a bowel movement. Put a clipboard and pen in the place where you usually change your child or next to the trash can where you dispose of the diapers. Tracking when he urinates or defecates will help you know when to sit him on the potty when you begin to formally potty train him.
6. Start to put the child's stool into the toilet from the diaper and show her where the stool goes. Have her flush the toilet.

Training Prep Steps from Dr. Barbera

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