



# Toileting Success- We're in it Together!

Amanda Wadsworth, MEd, BCBA, LBA

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# Learning Intentions

- **Identify common barriers to toilet training and impact on individuals and families**
- **Understand current research implications**
- **Recognize and identify signs of individual and family readiness for toileting**
- **Develop an understanding of evidence-based strategies that support toilet training**

# Toileting- impacts on access

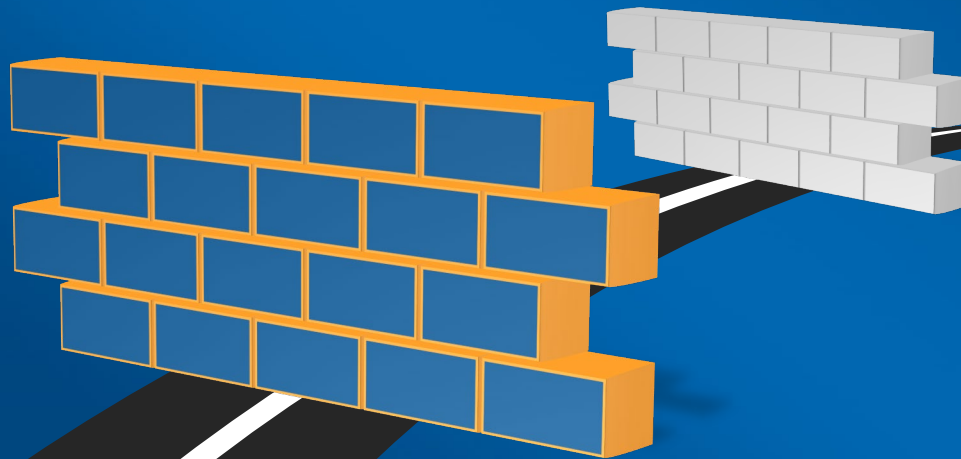


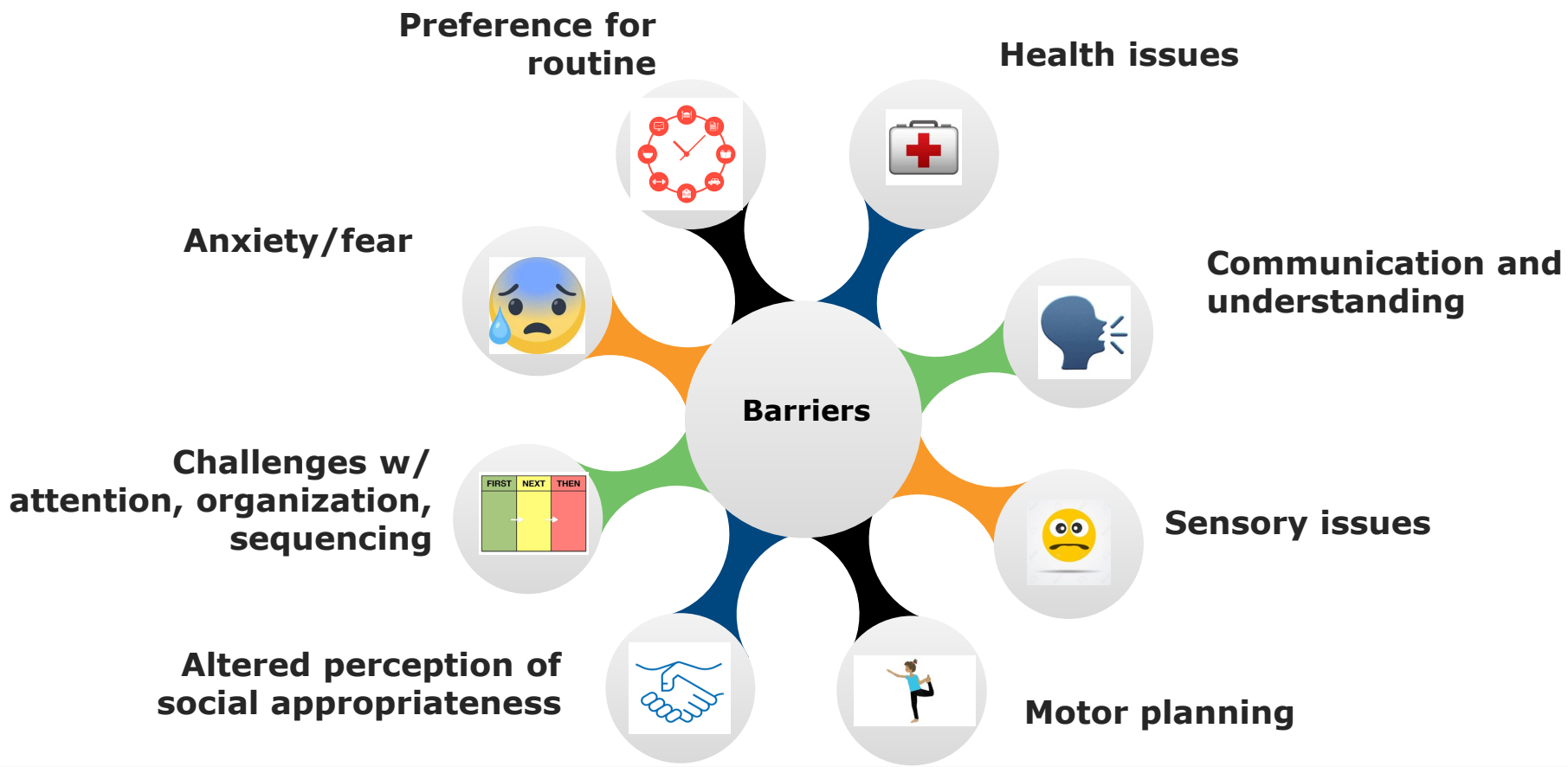
# What are the barriers?

Goal



Toilet Trained!





# **Simon, M., et al (2022). Toilet training interventions for children with autism spectrum disorder: A systematic review. *Research in Autism Spectrum Disorders*,(99)**

- Most toilet training interventions utilize behavior approaches derived from Azrin and Foxx's rapid toilet training method
- No standardized toilet training intervention package
- Small sample sizes
- No consistent reporting of participant characteristics
- Dichotomous response- it either worked or it didn't

## ***What we do know....***

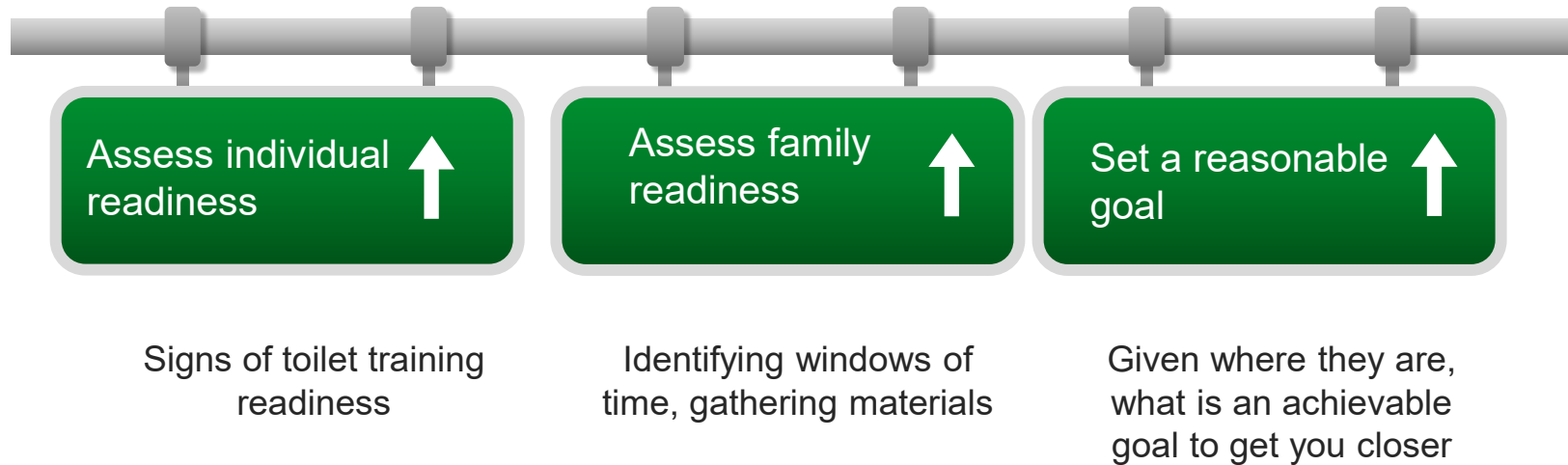
- Additional intervention components are likely required to fully address the varied support needs of children with ASD and their families
- Parent-training component has larger effects
- Moving away from punishment procedures

# Finding a path forward.....





# Getting started



## Assessing Readiness- Individual

- Able to sit up-right for 5 minutes at a time
- Able to stay dry for a period of time (1-2 hours)
- Helps undress self
- Demonstrates discomfort with being wet/dirty
- Follows simple directions



\*\*no consensus on readiness signs\*\*

## Assessing Readiness- Family



- Identify your child's baseline- starting point
- Identify the "team" or primary person
- Identify a consistent time of day for working on toileting
- Identify the bathroom/environment
- Identify the materials that are needed (focus on comfort)
- Identify family ability to implement toilet training

# Setting your goal



- Based on where you're starting
  - Focus on progress in small steps vs. the end goal
- Based on the time/energy you have available
  - Need to start with positive and cooperative sits on the toilet

# Preparation- setting the stage to start



**-Prepare the bathroom**



**-Clothing-** easy on/off



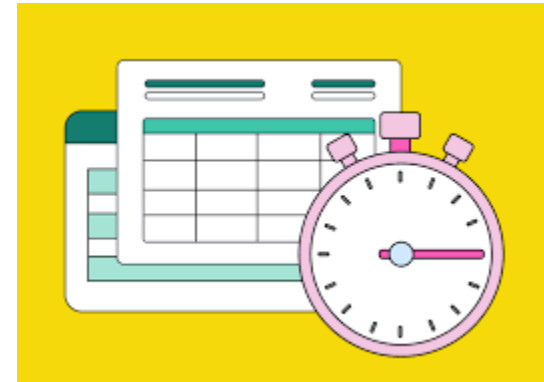
**-Data collection**

A clipboard with a white sheet of paper containing a data collection table. The table has columns for Date, Time, Walked, Ate, Urinated, Stool, and Notes. The data is handwritten and includes various entries with checkmarks and notes like 'not late' and 'stomach pain'.

Date	Time	Walked	Ate	Urinated	Stool	Notes
1-2	12:00	W	Y	Y	Y	KB
	12:15	W	Y	Y	Y	
	12:30	W	Y	Y	Y	
	12:45	W	Y	Y	Y	
	1:00	W	Y	Y	Y	
	1:15	W	Y	Y	Y	
	1:30	W	Y	Y	Y	
	1:45	W	Y	Y	Y	
	2:00	W	Y	Y	Y	
	2:15	W	Y	Y	Y	
	2:30	W	Y	Y	Y	
	2:45	W	Y	Y	Y	
	3:00	W	Y	Y	Y	
	3:15	W	Y	Y	Y	
	3:30	W	Y	Y	Y	
	3:45	W	Y	Y	Y	
	4:00	W	Y	Y	Y	
	4:15	W	Y	Y	Y	
	4:30	W	Y	Y	Y	
	4:45	W	Y	Y	Y	
	5:00	W	Y	Y	Y	
	5:15	W	Y	Y	Y	
	5:30	W	Y	Y	Y	
	5:45	W	Y	Y	Y	
	6:00	W	Y	Y	Y	
	6:15	W	Y	Y	Y	
	6:30	W	Y	Y	Y	
	6:45	W	Y	Y	Y	
	7:00	W	Y	Y	Y	
	7:15	W	Y	Y	Y	
	7:30	W	Y	Y	Y	
	7:45	W	Y	Y	Y	
	8:00	W	Y	Y	Y	
	8:15	W	Y	Y	Y	
	8:30	W	Y	Y	Y	
	8:45	W	Y	Y	Y	
	9:00	W	Y	Y	Y	
	9:15	W	Y	Y	Y	
	9:30	W	Y	Y	Y	
	9:45	W	Y	Y	Y	
	10:00	W	Y	Y	Y	
	10:15	W	Y	Y	Y	
	10:30	W	Y	Y	Y	
	10:45	W	Y	Y	Y	
	11:00	W	Y	Y	Y	
	11:15	W	Y	Y	Y	
	11:30	W	Y	Y	Y	
	11:45	W	Y	Y	Y	
	12:00	W	Y	Y	Y	

# Supports/strategies- indicated by research

- **Reinforcement**- identify and isolate a powerful item



## -Increasing fluids



## -Sit schedule- based on data collection/toileting patterns

# Supports/strategies- indicated by research

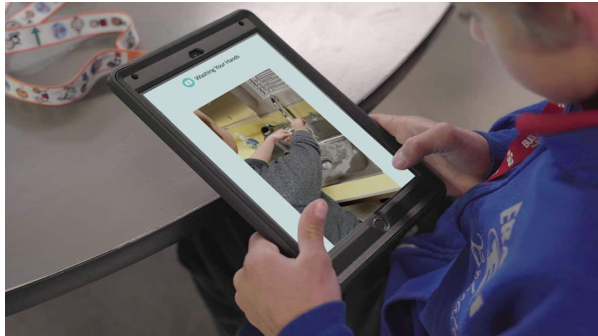
- **Underwear**- removing diapers/pull-ups



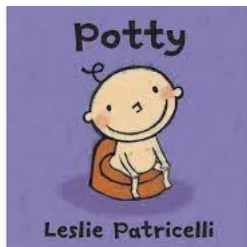
**-Creating the routine**  
from preparation to  
completion (all steps)

# Other strategies- that can help

- **Video modeling**



**-Pre-teaching/priming-** social narratives,  
books, videos





# We're in it together.....

- Approach as a team with the family/caregiver knowledge being essential
- Use what we know works as a starting point
- Minimize stress and discomfort for everyone

# Resources

## Toileting- data collection

- <https://www.dublinschools.net/cms/lib/OH50000562/Centricity/Domain/983/Potty%20Training%20Data%20Sheets.pdf>
- <https://www.thewatsoninstitute.org/wp-content/uploads/2017/10/Toilet-Training-Schedules-and-Data-Sheets.pdf>

## Visuals

- <https://drive.google.com/file/d/1uWXSARNPOTC0p0FRKZulgEZiR2LICQHRz/view>
- [https://do2learn.com/picturecards/printcards/selfhelp\\_toileting.htm](https://do2learn.com/picturecards/printcards/selfhelp_toileting.htm)

# Resources

## Toileting guides/resources

- <https://asatonline.org/research-treatment/clinical-corner/toilet-training/>
- [https://teacch.com/wp-content/uploads/sites/553/2018/01/Toilet\\_Training\\_article\\_revised.pdf](https://teacch.com/wp-content/uploads/sites/553/2018/01/Toilet_Training_article_revised.pdf)
- <https://www.autismspeaks.org/sites/default/files/2018-08/Toilet%20Training%20Guide.pdf>
- <https://vkc.vumc.org/assets/files/resources/toilettrainasd.pdf>
- <https://eric.org.uk/children-with-additional-needs/help-with-toileting/>

# References

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Thank you!

[amanda\\_wadsworth@urmc.rochester.edu](mailto:amanda_wadsworth@urmc.rochester.edu)



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