



## Potty Training

### Before you begin:

1. Medically able to participate: don't begin if your child is sick or not feeling well.
2. Time commitment: don't begin if you are going on vacation or will not be available.
3. Assessment: take data for a week (before beginning) on how often and at what times your child is voiding.
4. Determine Reinforcers and have them only available for potty training.

### Getting Started:

1. Discontinue use of diapers and pull-ups during the day.
2. Schedule toileting opportunities every 15-30 minutes.
3. When it is time to go to the bathroom, your child should pick up the picture of the toilet, hand it to you, and practice saying "potty." Offer reinforcement for requesting the potty.
4. Assist your child with undressing.
5. Direct your child to sit on the toilet for 2-3 minutes, no longer.
6. At first, reward any attempts (sitting on the toilet alone).
7. If your child is successful, reinforce heavily.
8. Half way between toileting opportunities, do a dry pants check.
  - a. If your child is dry, offer reinforcement.
  - b. If there is an accident at the checkpoint or any other time, calmly tell him that he had an accident and guide him to the bathroom. Have your child sit on the toilet for no more than one minute.
    - i. If your child eliminates on the toilet, reward him as you did before.
    - ii. If your child does not eliminate any further, calmly ask him to get up. Help him re-dress while giving as little attention as possible, and do not reward.
9. Continue with the schedule and take data on the toileting behavior.
10. After one week of minimal accidents (2-3), increase the time between toileting opportunities by another 15-30 minutes.

