



# Potty Talk

By Colleen Kugler & Kristin Foster



You can do it!



# Are YOU Ready?

- Do YOU have the Time? Energy? Help?



## Family Task

- Pick a week that works for you and other environments (school, daycare, other care givers).

# Get a Plan and GO For it!

Take the plunge!

- Make sure that behavior is “under control” - #1 reason potty training won't be successful if behavior is challenging (beyond what is typical 😊).
- Make sure there aren't any medical concerns – rule out bladder problems, stomach/gut issues, etc.
- Check with your pediatrician to make sure they agree with the start of potty training.



# Some Signs of Readiness

- Look for signs of readiness – not chronological age but instead...



-Is your child ready?

makes connection between urge to go and where to go...

has bladder control and is uncomfortable in wet diaper...

wants to be “big” girl or boy, shows any initiation, sits on toilet at all...

& not all of the above are required to start

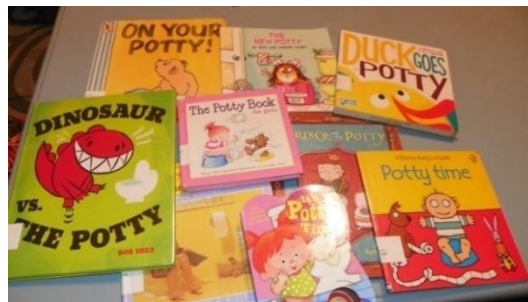
# Prepare the Environment

- Pick rewards. A reward for sitting on the potty, a reward for going in the potty (offer a reward to siblings, too!), a reward for the whole family at the end of it all.
- Make the bathroom a fun and happy place.
- If your child is afraid of toilet/bathroom, spend time “pairing” with reinforcers (see troubleshooting).
- Make life easy so you can keep your precious sanity.



# Bathroom Makeover

- Ideas: fuzzy rug, soft toilet seat, stool, favorite character poster, mirror, footprints on stool, music, etc.
- Basket of Reinforcers: different stickers & charts, DVD player, edibles, toys, books (only accessible when on the potty)
- Would **YOU** want to be in there?



# Foxx and Azrin Protocol

- **SEE HANDOUT**
- Regular Underpants
- Bladder Full
- 30 Minute Schedule
- Reinforcement
- 5 Minute Checks
- Positive Practice
- Stop Scheduling After Child Initiates



# Regular Underpants



- Put the diapers and/or pull-ups away. FAR AWAY. Do not be tempted to go back to them. This WILL prolong the process. Pull-ups can be used at night and during naps, but make sure they are immediately removed as soon as the child wakes up.
- Stock up on underpants. Get them with motivating characters, and remind your child that he/she doesn't want to wet on a favorite character!
- To save your sanity, you may want to just throw away really soiled underpants. Remind yourself that you will still save money in the end, when you're not buying pull-ups anymore! 😊



# Bladder Full



- \* Start intentionally offering additional fluids. Keep juices and waters near at all times. Try ice pops (possible reward) and juicy fruits. Stay away from salty foods.
- \* Use this opportunity to try new “forbidden” items such as soda, kool-aid, etc.

# Night Time

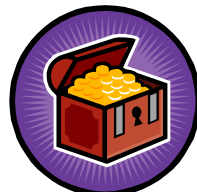


- Stop fluids at dinnertime
- To toilet right before bed & wake up every few hours to go to toilet (be proactive)
- Diaper/Pull-up ok for bed



# Reinforce, Reinforce, Reinforce

- This is VERY IMPORTANT.
- Display the reinforcer(s)...out of reach.
- Keep it in small amounts, if it is a drink or food.
- Make sure it is reinforcing *enough*...this is the part that can make or break the program. Don't be afraid to change the reinforcer if it is not working!



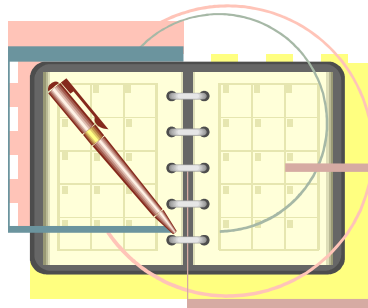


# SCHEDULE



- Take your child to the bathroom every 30 minutes. You may have to offer a reward just for sitting on the potty.
- This may be hard to remember, so make sure you're able to focus and set a timer to remind yourself.

- Keep data!



# 5 - Minute Checks

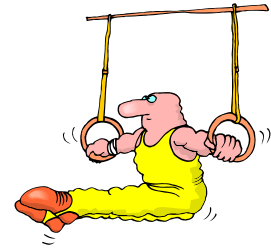


- Check the child every 5 minutes to make sure that he or she is dry. If the underpants are dry, then provide verbal praise, hugs, tickles, etc.
- If the underpants are wet, keep your cool and see the next slide....





# Positive Practice



1. Have the child touch his/her wet underwear and tell them where they're supposed to go (**Don't shame the child by saying yuck or icky**).
2. Immediately take them to the bathroom.
3. Prompt them to sit on the potty, then stand up and pull up wet underpants, etc.
4. Go back to the "scene of the crime" & repeat #1
5. Repeat 5 times.

**(This should be done with no emotion. Use less words i.e. "Wet" or "Pee Pee in potty". The child is not being punished...just reminded)**

*Practice Makes Perfect!*



# Initiation



- Stop scheduling the child once the child initiates to go to the toilet **1** time. This may happen in a variety of ways. Look out for the cues!
- The ball is now in the child's court...are you going to do positive practice, or are you going to get a reward?
- You don't want your child to become dependent on a schedule.

# WARNING

- Do NOT prompt your child to go to the bathroom. He/she will become dependent on you telling them they need to go!

Statements to Avoid:

“Do you have to go potty?”

“Let’s go to the bathroom!”

“If you go potty, you’ll get a treat!”

I know, I know....we ALL DO IT! 😊



# What now?

- Continue to force fluids until the child has had 20 consecutive initiations with no accidents.
- Take the child out into public: Fill the bladder before you leave and then find the bathroom as soon as you get to your destination (use towels & plastic bags for car rides).
- CELEBRATE and don't get discouraged when bowel training takes longer. Stock up on more underpants, prepare the environment and your mental state. It WILL happen. 😊



It works!



# BM

- No positive practice!
- Clean-up...but be careful not to leave them alone with that job...
- Use Social Stories.
- Use visuals (What can brown do for you?).
- Be patient.



# Other Concerns/



- How many squares?
- Visual routines
- Regression
- Aim training
- Fear of falling In
- Sense of smell
- School?



# Trouble-Shooting



- **Resists sitting on the toilet:**

- Allow to sit without removing clothes
- Allow to sit with seat down
- Take turns sitting or use doll for model
- Provide entertainment on lap (DVD, book, music toy)

- **Afraid of flushing:**

- Don't flush until there is something to flush
- Start with child away from toilet, with gradual increase in proximity
- Give advance warning, set up verbal cues such as "ready, set, flush"
- Allow the child to flush

# Trouble-Shooting (cont.)

- **Overly interested in flushing:**
  - Physically cover the handle to flush
  - Give child something to hold/manipulate (distractor)
  - Use visual to show when to flush “first, pee pee, then flush”
- **Playing in water:**
  - Use padded lap pad while seated
  - Cover seat until ready to use
  - Give a toy with water feature (tube of water)

# TIPS & TRICKS



- **Other ideas to share with other parents???**

