TOILET TRAINING AND THE DS INDIVIDUAL

(AKA - WHY WON'T THEY JUST "GO" ALREADY?)

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WHY DOES THIS SEEM MORE DIFFICULT THAN POTTY TRAINING OTHER CHILDREN?

- Research from the mid-80s said that most children with DS were staying dry day and night by age 4 or 5.
- Research from the mid-90s found only 35% of kids with DS were daytime trained by age 4.
- At age 11, 1 in 3 still had accidents during the day.

- Good news – Basically, kids with DS follow a typical developmental pattern with girls potty training slightly earlier, but on a delayed timeline.

TASK ANALYSIS – HOW DO YOU POO?

What are the steps to going to the bathroom?

- Control bowel and bladder
- Understand what you are asking
- Enter the bathroom
- Pull up and down pants
  - Unbutton?
  - Elastic?
  - Underwear?
  - Pullup?
- Sit on toilet
  - Do they have to climb?
  - Do they have foot support?
  - Are you using toilet or potty chair?
- Use toilet paper
  - Can they get right amount of squares?
  - Can they fold or wed paper?
  - Can they reach their rear?
  - Wash hands
  - Soap, dry, etc.

Girl Potty Schedule

Boy Potty Schedule
ARE THEY READY?

- Do they stay dry at night or during naps?
- Are they aware of when they need to go to the bathroom?
  - Do they give you the "look"?
- Do they show interest in personal hygiene (washing hands, brushing teeth) and self-care (dressing)
- Shows interest in others' toileting behavior

ARE THEY READY?

- Completely empties bladder when urinating and stays dry for at least an hour to two hours (look for a solid stream of urine as a sign that your child has some muscular control over emptying their bladder)
- Has bowel movements that follow a regular and predictable pattern
- Are they aware when they have a full diaper?
- Communicates the need to go to bathroom through facial expressions, gestures, visual aids, or words
- They do not need to show all of these signs to start.

BE PREPARED - EMOTIONALLY

- There will be accidents
- There will be setbacks
- There will be tears — your child may be. For you, for sure.
- There will be messes
- You will be late to things
- You will be doing more laundry

BE PREPARED - PHYSICALLY

- You will need a potty, potty chair, outhouse, hole in the ground, or 5 gallon bucket
- You will need a way to stabilize their feet (stool or potty close to ground)
- You will need a primo reinforcer — We are going to bring out the big guns for this one
- You will need your energy because you will be tired

INTENSIVE POTTY TRAINING - PLANNING

- Find a powerful reward — Only give this during potty training. If it is a favorite reinforcer, you might deny them of it for a few days.
- Every time they go in the beginning, they get the reinforcer along with excitement and joy. Toss gradually reduce it.
- Keep the rewards close
- Use the bathroom for all toileting activities
- If appropriate, use a doll to model or allow them to see others
- Watch videos and read books about toileting

INTENSIVE POTTY TRAINING

- Have a fun activity planned in the bathroom — video, songs, puzzles, desired activity
- Place child on toilet upon waking for 3-5 minutes
- Use underwear or no-wear during the day
- If the child does not void, place back on the toilet every 10 minutes until you have success
- If a child voids, BIG REWARD AND EXCITEMENT and then place back on toilet every 10 minutes
INTENSIVE POTTY TRAINING

- If the child is staying dry, gradually increase the time between placing on toilet and being off the toilet.
- If there is an accident, reduce the amount of time between on and off stool.
- Keep track of how when they go – what time and how often.

TROUBLE SHOOTING - TOILET PAPER

TROUBLE SHOOTING - CHILD WON'T SIT

- Make sure feet are supported.
- Use potty seat over toilet or use potty chair.
- Make sure they know how long they will sit – Use a timer.

TROUBLE SHOOTING - FLUSHING

- Flush after child is away from toilet.
- Give advanced warning.
- Allow the child to flush.

- Flush – Too Much
- Let them know when to flush.
- Block access to handle.
- Give them something to play with or hold.

TROUBLE SHOOTING - OTHER TOILETS

- Eventually want to have them use other toilets.
- Show them other bathrooms in other locations.
- Talk to them about bathrooms and where they are.
- Bring familiar items that they use with you.
- Bring the visual support with you.

RESOURCES FOR INFORMATION

- https://louisville.edu/education/autismtraining/pottymarinetimer
- The Potty Boot Camp – Dr. Suzanne Riffel
- Potty Training In 3 Days – Brandi Brooks and Frederic Daum
- Potty Time – Daniel Tiger’s Neighborhood – Scarlett Wing
- P is for Potty – Sesame Street – Naomi Kleinberg and Christopher Moroney
- Potty Superhero: Get Ready for Big Boy Pants (or Big Girl Pants) – Mabel Forsyth
Going to the toilet

1. pants down
2. undies down
3. sit on toilet
4. poo or wee in toilet
5. get toilet paper
6. wipe bottom
7. put paper in toilet
8. undies up
9. pants up
10. flush toilet

finished
Boy Potty Schedule

1. Pull up underwear
2. Stand facing toilet
3. Lift seat
4. Put down seat
5. Flush
6. Wash hands
7. Finished
8. Pull down pants
9. Pull up pants
Girl Potty Schedule

1. Pull down pants
2. Sit down
3. Pull up underwear
4. Flush
5. Wash hands
6. Used tissue
7. Pull down pants
8. Sit down