

THE POTTY PEOPLE
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BASIC TOILETING PROCEDURE

1. Condition the toilet/bathroom as a positive. Place a treat in a small Dixie cup on the closed lid of the toilet (or some other small prize) at random times of the week. Do this approximately 5 times per week. If your child does not go into the bathroom to find the surprise, hint at it, saying, "What did I see on the toilet? I wonder what that is? Go see what's there!"
2. Follow the "Break the Spell" procedure if your child has never voided on the toilet.
3. Start out by prompting your child to use the toilet when his/her bladder is likely to be full. Never direct your child to sit on the toilet right after he/she has voided. Never prompt your child to go to the toilet while he/she is enjoying an activity, such as TV, computer or playtime.
4. Once your child has demonstrated the skill of voiding on the toilet, FADE THE PROMPTS! You want your child to respond to his/her own body urges, not external cues. Otherwise, your child is at the mercy of someone or something else to tell him to go. That can actually prevent self-initiating and independence.
5. Once your child is in underpants and has self-initiated, the rule is he/she has to be DRY to enjoy anything. Check him/her for dry pants before giving computer, movies, food, toys, fun, everything.
6. If he/she is dry, say "Great! You are DRY!" Tickle, kiss, make a big deal, give the item he/she wanted. Say, "You are dry, so you can have..."
7. If you find your child is wet/soiled, say abruptly, "No! You are WET (or poopy—use whatever word you use)! You can't have (name the item). You have a lot of work to do."
8. Hand-over-hand, perform a long clean-up process with your child. If there is BM involved, clean it up yourself first, but then have the child do it over him/herself so that it is hygienic, but he/she is still responsible for the work.
9. When he/she eliminates in the toilet, give access to fun toys, or fun activities for about 5-10 minutes. Rotate items so it stays interesting and fun.
10. After an accident, the child must stay dry for about ½ hour before watching movies. BE CONSISTENT!