

# ASD & STRATEGIES FOR TOILET TRAINING



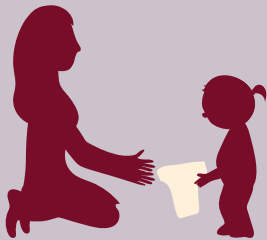
To learn more, take our toilet-training self-paced course!

## EVALUATE READINESS



### Rule out Medical Issues:

- ☐ Dietary issues
- ☐ Chronic GI issues
- ☐ Other medical issues that impair physical readiness



### Evaluate Cognitive Understanding:

- ☐ Mental age of 18-24 mo.
- ☐ Brief periods of attention & focus
- ☐ Awareness of wet/solid diaper
- ☐ Emotional readiness



### Ensure Prerequisite Skills:

- ☐ Functional communication to indicate need to eliminate
- ☐ Basic independence skills (e.g., pulling pants)

## EXPLORE STRATEGIES THAT WORK



### Elimination Schedule

Incorporate bathroom breaks into daily schedule around natural elimination times



### Scheduled Sits

Schedule regular sits around natural elimination times (e.g., schedule sits every 30-60 min to “catch”)

... also, used for habit training!

## BUILD ON SUCCESS



Set up bathroom structure for proper toileting (e.g., appropriate seat, visual schedule, limited distraction) and NOT play!

If wanted to pee, I would..



Guide appropriate behavior by using a toy to model, gesture, or use self-talk...



...or by personal example



Great job sitting on the toilet!

Provide positive reinforcement (e.g., praise, clap, high five) for each level of success

REMEMBER! Teaming with school/daycare and providers is important for consistency of strategies, schedules, and ongoing commitment.

Toileting accidents are not a failure for the caregiver OR the individual with ASD!

[HANDSinAutism.iupui.edu/services/learning-online/](https://HANDSinAutism.iupui.edu/services/learning-online/)

