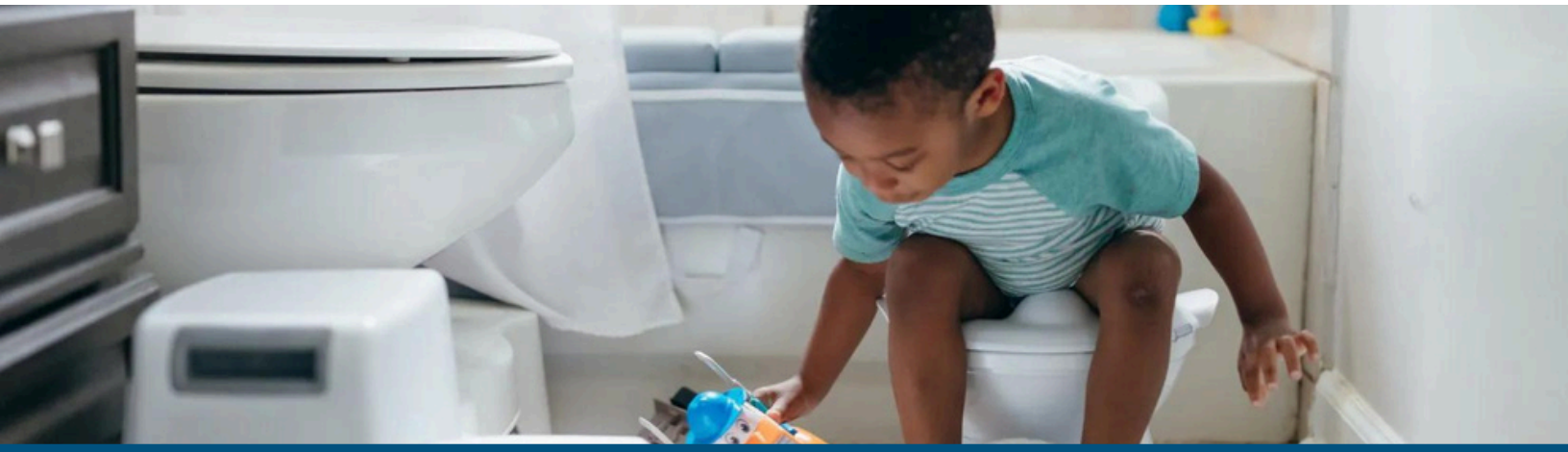
Toilet Training

Brief Informational Guide



Toilet training can be challenging for children on the autism spectrum. There are different reasons why it may take a longer time for autistic children to learn to use the toilet. Many develop the skills at a later age than other children. Each autistic child is different, and knowing this can help you find the best ways to meet your child's needs.

Common Areas Affecting Toilet Training

- Medical - Constipation
- Physical - Low Tone
- Language - difficulty understanding language
- Dressing - difficulty pulling pants down or up
- Sensory - afraid of sitting on toilet or hearing toilets flush
- Body Cues- children with ASD may be unaware they need to go
- Need for Sameness- not wanting to use different toilets

Tools For Success

- Getting your child their own toilet (potty seat)
- Timers
- Visual Schedules
- Special Underwear
- Rewards Chart

Scan Me

Scan for more resources!

Did you know?

- Typically, children learn daytime dryness first because it is a more teachable behavior, while nighttime dryness requires a maturity of the brain-body connection.

Quick Points to Practice

- Use the same words when talking about toileting. (e.g., potty vs. toilet)
- Be supportive
- Immediately provide praise
- Stay calm
- Stick to a schedule

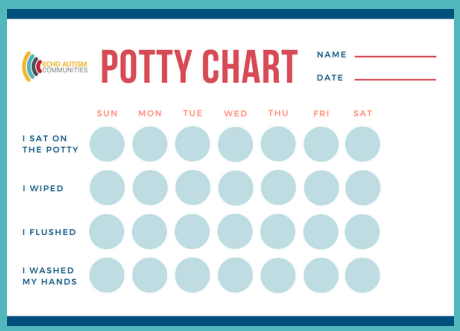
ECHO AUTISM COMMUNITIES
echoautism.org

Resources



- [ ] **ATN Toilet Training Toolkit**
  https://echoautism.org/autism-resource/a-parents-guide-to-toilet-training/
- [ ] **AAP Toilet Training Tips**
  https://www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/Praise-and-Reward-Your-Childs-Success.aspx
- [ ] **Developmental Skills Needed for Toilet Training**
  - www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/Cognitive-and-Verbal-Skills-Needed-for-Toilet-Training.aspx
- [ ] **Creating a Toilet Training Plan**
  - www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/creating-a-toilet-training-plan.aspx
- [ ] **How to Tell when Your Child is Ready for Toilet Training**
  - www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/How-to-Tell-When-Your-Child-is-Ready.aspx
- [ ] **Toilet Training Tips for Children with Special Needs**
  - www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/toilet-training-children-with-special-needs.aspx
- [ ] **Sesame Street Video: Potty Time**
  - www.youtube.com/watch?v=u1DugrrAxIg&t=1s

Reward Chart Example:



Scan the QR code on the front to access this reward chart!

Notes:

If you have questions about toilet training, please talk to your child's clinician.