

Reward Program for Toileting

This is a basic toileting reward program. Each time your child uses the bathroom, he/she gets a sticker. The sticker chart should be placed in the bathroom. Immediately after your child uses the bathroom, a sticker should be placed on your child's sticker chart. Keep the stickers in the bathroom, so you have them available. Specific praise (e.g. "great job using the bathroom" or "I love it when you go on the potty") should be given to your child at the same time as the sticker is placed on his/her chart.

The stickers can be turned in to receive privileges as part of a reward system. The rewards should be items or activities that your child enjoys a lot. Examples of activities or rewards include an extra story at bedtime, 10 extra minutes of tablet time, picking from the treasure box, being able to select what he/she wants for dessert, etc. A great way to select rewards is to ask your child what he/she would want to work for – that way he/she is motivated to try and earn the stickers.

There are 3 ways to set up a reward system:

1. Select one activity/reward that is very important to your child, and have your child earn that reward by using the bathroom. After your child collects a specific number of stickers (for example, 3 stickers), he/she can receive that privilege or reward. Decide ahead of time what the reward will be, and have it ready to go so you can give it to your child the moment they earn 3 stickers.
2. You can allow your child to pick between a few different rewards. Make a reward menu of three different rewards, and when your child earns three stickers, he/she can pick an activity/reward from the menu.
3. Another way is to create a "treasure box" of items from the dollar store, happy meal toys, or treasure box items that have come home from school. After your child earns three stickers, he/she can pick an item from the treasure box. You can also put "certificates" for treats in the treasure box as well.

** Helpful tip: having visuals in the bathroom, along with reading a social story or other books about using the toilet, will help your child in being successful.