

BLUE A POTTY PROTOCOL

1. What to wear

During toilet training, your child should ONLY be wearing underwear under their pants.. No pull-ups or diapers at home. If you are going to the store or transporting your child to/from school, you may put a pull-up on OVER their underwear. We do this because if the child is to have an accident, we want them to feel the sensation of the urine or BM on their underwear without ruining your car seats. Once we know they can hold in their urine or BM until they're on the toilet, we can continue to keep the pull-up on in the car.

2. Routines, routines, routines!!!!

When toileting your child, ensure that you're establishing a strict routine when bringing them to the toilet. Embedding natural times to use the toilet will be extremely beneficial to their toilet training success. Upon waking up, right before leaving to go to school, upon arrival at home from school, before/after dinner, and before bed are great times to try using the potty! Every 30 to 60 minutes to start is also helpful.

3. Accidents

Throughout the day during potty training, frequently have your child feel their underwear and positively reinforce them for having "nice dry pants!" You may sporadically remind your child "remember, if you need to go pee-pee, you can go on the potty" or "remember, if you do pee-pee on potty, you may get (reinforcer)." If your child is picking at their private area or doing the "pee-pee dance", sit them on the toilet right away! If your child has an accident, have them touch their wet pants and neutrally state "no wet pants" and bring them right into the bathroom. Sit them on the toilet right away while you change them and remind them that "pee pee goes in potty." If they have a BM accident, place the BM in the toilet and show them that "poopie goes in potty."

4. Visuals

Any time you bring your child to the bathroom, have them "request" to go to the bathroom using the potty visual card. You can have them touch it in your hand or remove it from the front of their PECS book if they have one at home. Model the word "potty" and take them right away. You aren't giving them a choice to go to the bathroom during this time. You are telling them to go. Using the visuals will help them learn to eventually request going independently. Less is more when potty training. Use simple language and only speak when telling them it's time to use the bathroom, or for reinforcing them for sitting on the toilet or eliminating. If they are becoming fidgety or unhappy when sitting on the toilet, you may prompt them to request being "all done" and stand them up from the toilet. We don't want this to be a stressful time for your child, so sit them as long as they tolerate.

