

Preparing for Toilet Training Tip Sheet

Common Issues:

- Frequent urination and/or bowel movement accidents
- Infrequent urination and/or bowel movements
- Difficulty asking to use the bathroom
- Difficulty using different toilets and bathrooms
- Gastrointestinal issues or allergies

Medical/ biological factors:

A medical appointment should be made so that all (if any) medical or biological issues that may affect successful toileting can be identified by a doctor. Some underlying issues that may affect the success of toilet training may include poor bladder control, food allergies, or other medical diagnoses such as diabetes. If these factors are identified, they should be targeted before starting toilet training.

Preparing for toilet training- What does your child need?

- Established and predictable bathroom routine
- Physical ability to sit on the toilet
- Basic dressing and undressing skills, such as pulling up and pulling down pants
- Awareness of being wet or soiled, such as a change in body language when soiled or wet
- A list of your child's favourite things that can be used as rewards for using the bathroom
- Extra clothing and underwear ready in case accidents occur

Autism Speaks. (May 2012). Toilet Training: A Parent's Guide. Retrieved from:

<https://www.autismspeaks.org/science/resources-programs/autism-treatment-network/atn-air-p-toilet-training>

