



TOILET TRAINING CHILDREN WITH AN AUTISM SPECTRUM DISORDER (ASD)

11 Top Toileting Tips:

1. The main sign of readiness for a child with an ASD is compliance, or the child's ability to imitate. If you can get the child to do what you ask, and/or copy an action – then they are ready!
2. Avoid potties! Start out with the end in mind. Children with autism have trouble generalising and the last thing you want is to have to carry their pottie around with you everywhere you go!
3. Visuals are very important. Make up some visuals to help the child understand the toileting process and to provide a prompt.
4. Prepare lots of FUN activities to do with the child. Making going to the toilet fun takes the pressure off and makes it a motivating place to go.
5. Rewards are one of the most important elements of toilet training – children need a motivator as it is just too easy to continue to go in their nappy. Rewards need to be instant and powerful. Reward IMMEDIATELY and reward the same every time.
6. Base yourself in or right next to the toilet for the first few days of toilet training. Have as many home comforts in the room for the child to make it a fun environment.
7. Remove nappies. Once you start toilet training do not let the child put on any form of nappy until they go to bed at night. If you let them wear them during the day at all they will learn to hold on until they are in their nappy.
8. Toilet time – put the child on the toilet every 30 minutes for 10 minutes at a time, increasing time as they get the hang of it.
9. Teach the child the whole steps of toileting – including putting on underpants, flushing the toilet and washing hands.
10. Some children may have sensory sensitivities related to toileting. Sensory sensitivities need to be respected and worked on.
11. Create good routines around toilet timing. Have set times when the child must go to the toilet.

KEY TO SUCCESS:

1. NO NAPPIES
2. ROUTINE
3. CONSISTENCY

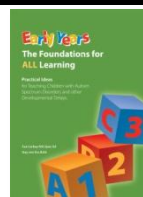
Remember: It only takes ONE person to put a nappy back on the child and all your hard work can be ruined.

Recommended Resources (available online at www.suelarkey.com):

Tips for Toileting
By Jo Adkins and
Sue Larkey



**The Early Years:
Foundations for All
Learning**
By Sue Larkey and
Gay von Ess.



**Portable Schedule with
Digital Timer**
*Links visual schedules
with a time frame.*



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www.suelarkey.com