

MAIDEN EDITION

THE POTTY
TRAINING
— GUIDE FOR —
AUTISTIC
CHILDREN

TOLA ANDU

FOUNDER OF TAF AUTISM CARES

01.

Is My Child Ready?

Signs of Potty training readiness are the same for your child as for all children:

- Is your child aware of the difference between being wet/ dry? For example, are they showing discomfort when they're wet/ soiled? Pulling off the nappy/ hiding in the corner etc?
- Can they stay dry for at least two hours at a time?
- Can they reach the toilet or potty in time (even if it's with your help)?
- Can they pull up/ down their bottom clothing unaided or little assistance?
- If your child is achieving all it did if this/ this is often a good sign of readiness



02.

- Study your child to get an idea of what their bladder/ bowel pattern is roughly like.

03.

- Create a toilet time schedule based in the above assessment (you can tweak it around) as you go along.

Routines are very important to children on the spectrum, Take them at set times according to what the chart tells you.

- If they wet themselves at another time, take them to the toilet as quickly as possible and try to get them there so some of the wee goes into the toilet. Ignore the wetting and positively reinforce that the wee has gone into the toilet and continue the rest of the toileting routine.
- Use verbal and visual clues. Introduce simple books on the subject consistently using the signs, sounds or words that your child can use. Reinforce verbal clues with a visual clue – use photos, drawings, pictures, images and social stories when preparing them to use the potty. Using these images to create visual schedules will make it easy for your child to follow the new routine and make it more predictable.
- Using sign language for common toileting words and phrases can also reinforce learning



04. Further Tips

- Giving a drink 10 to 15 minutes before toileting can help increase the chances of your child successfully doing a wee on the toilet but avoid giving too much as this creates an unnatural routine.
- Decide if you are going to teach your child to shut the door as part of the whole toileting routine or only in certain situations.
- Avoid using childlike terms for toileting as your child may find it difficult to change language later in life.
- If your child has a fear of flushing the toilet, you may wish to remove this from the visual sequence and leave it until the end of the routine - after your child has dried their hands. They then may need to stand in the doorway while you flush the toilet and gradually stand closer each time until they are able to flush for themselves. Playing calming music to drown out the noise of the flush or explaining with pictures what makes the noise when the toilet is flushed may also help.
- When your child is in a car, ensure they have a protector to sit on to stop the car seat from being soiled by accidents. Avoid drinks before long car journeys.

