MAIDEN EDITION

# THE POTTY TRAINING TRAINING OF 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/ vowel pattern is roughly like.





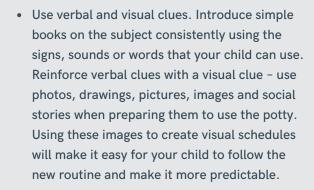


### 03.

 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.



 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.







