

# TOILET TRAINING



# RESOURCES

Information has been gathered from various educational sources including:

<https://www.globaldownsyndrome.org/feb-2017-webinar/>

<https://www.childrenshospital.org/programs/down-syndrome-program/patient-resources>

Katz, T & Patel, L. 2020. Potty time for kids with down syndrome. Bethesda, MD. Woodbine House.

# DISCLAIMER

The following slides are for informational purposes only. We are not offering medical advice, and we acknowledge that every person with Down syndrome is different and every family will have a different experience.

Always consult your physician team and those who are most informed about your loved one if you have any specific concerns.

# WHERE DO I BEGIN?

## READINESS

- Periods of remaining dry
- Communication
- Awareness of elimination
- Regular patterns
- Motor skills

## PLAN

- Schedule
- Equipment/devices
- Rewards
- Behaviors
- Approach

## TRACKING

- Track diaper patterns
- Track toilet times
- Accidents
- When to reach out to physician

# POTTY TRAINING TIMELINE

## INTRODUCTION

- Introduce components of bathroom time
- Break down steps
- Navigate any fears

## ATTEMPTS

- Schedule, schedule, schedule
- Accidents WILL happen
- Focus on each step separately
- Graded assistance

## INCENTIVES

- High value rewards
- Apps
- Toilet aides
- Charts

## SUCCESS

- Accidents will STILL happen!
- Schedules
- Potty Party!

# BEHAVIOR IS COMMUNICATION

- Track OBSERVED behaviors
- Determine potential FUNCTION of behavior
- Problem solve possible SOLUTION
- CELEBRATE EVERY SUCCESS





# SCHEDULED BREAKS

**15**

**Begin with timed, 15 minute intervals. Sit on the toilet for 2-3 minutes. Continue until successful, then increase to 30 minutes. If an accident occurs, start the timer from there.**

**30**

**When consistently dry with 15 minute breaks, increase the timer to 30 minutes. If an accident occurs, restart the timer from that time for 30 minutes. If accidents continue, return to 15 minutes breaks.**

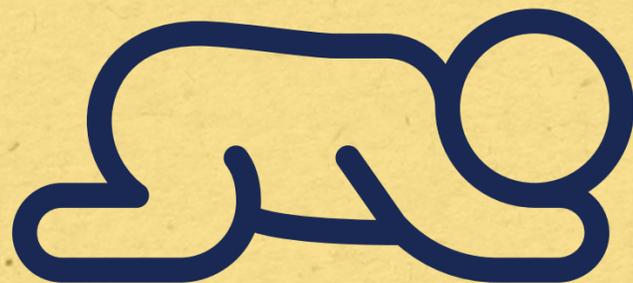
**60**

**When consistently dry and voiding at 30 minute breaks, increase to 60 minute scheduled breaks.**

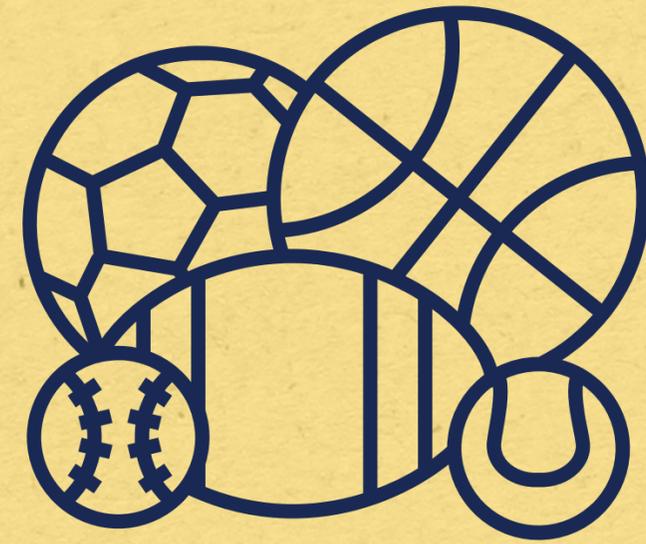
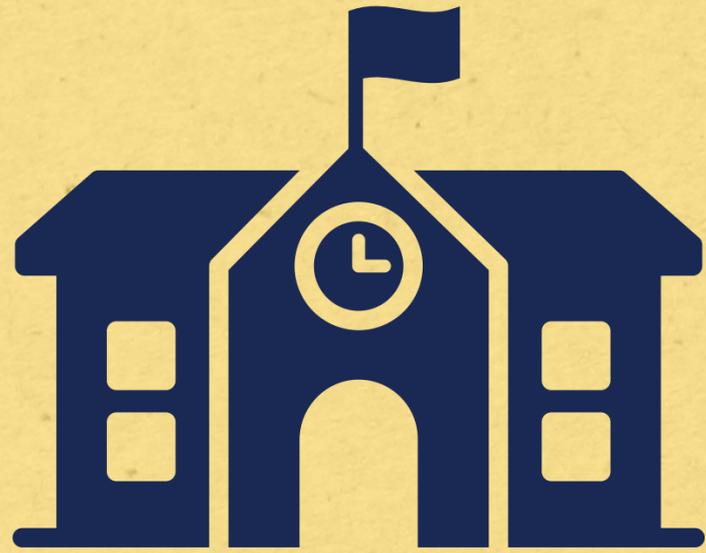
# OTHER FACTORS



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# CARRYOVER





**THANK YOU  
VERY MUCH!**