

# *The Autism Mommy's Potty Pocket Guide!*

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Your step by step strategy to get your child out of diapers and on the Potty!



**ACCESS THE QUICK  
START GUIDE HERE**



## Hey Mama! Michelle here!

and TRUST ME, I absolutely get the fears, anxiety, and frustration that potty training can bring up for all parents and especially of parents with children on the spectrum.

I remember her first week of school in a self-contained 6:1:1 class, and I very hesitantly sent Julianna (my daughter) in with a pull-up on. Our potty training journey before this first day was tons of pee-pee and poop cleanup, lots of tears (mostly on my behalf) and irritation (also on my behalf!). I was terrified that even though we had witnessed "some progress", she just wasn't ready yet.

To my surprise, the teacher called me the very next day and said: "Mama, why are you sending her in with a pull up? She seems to understand to go when we ask her... It's time to take the leap and put her on the bus with big girl underwear on." I was terrified to do it. What if she had an accident on the bus? What if she was soaking wet, and they had to change her AND clean the bus up? I was mortified at the thought and torn between being terrified of what others might think if she had an accident and doing what was best to help her progress with potty training. By the way, allowing the child to have accidents is a part of the process for both typical and atypical children in learning how to potty train!

Well, I finally took the leap that day, and yes, there were accidents, but before long, there wasn't! We started to get reports that she was both going to school and coming home dry!

The reason I share this story before diving into the steps of potty training is that a lot of the resistance we as parents have about the training itself is based on **our own** mindset about it.

✗ **This will be too hard.**  
✗ **My child doesn't speak...  
so this is IMPOSSIBLE.**

✗ **This wont work, why bother trying?**  
✗ **I can't do this.**

We are actually setting ourselves up for failure when WE, not the child, are not allowing the process to be what it is... MESSY, imperfect and filled with accidents. So as you dive into this e-book, I want you to take a step back before even applying the steps, and ask yourself a few questions. Am I mentally in the right frame of mind to start this process!? Do I believe that this will work? Do I believe in my child?! Can I believe in myself to handle this?

**Then, once the answers are all YES, let's take the dive, Mama!**

*xoxo Michelle*

## When Should You Start Potty Training

First and foremost, let's get the basics out of the way. As with any suggestions made here, you want to check with your Pediatrician before implementing any of the tips and tricks contained in the handy dandy Potty Pocket Guide!

So why should you spend the time to potty train your child? You probably know the answer already. Endlessly washing bed sheets and soiled clothes, changing pull-ups or diapers, constant wet accidents... All the time, money, and stress for the parents... and the list goes on! Toilet training is probably the one skill of a child that will determine whether you can take them to the beach or pool, get a babysitter, fly on a plane, - do pretty much anything outside of a more or less restrictive environment.

Toileting is a huge skill, and without potty training, your son or daughter won't be able to enjoy many fun things in life to the fullest!



# POTTY MYTHS

You might be thinking...

## **Myth # 1 Your Child needs to be Verbal to Potty Train**

- If they can't talk how will they tell me they need to go

## **Myth # 2 Your Child is too severe on the spectrum**

- If they can't follow simple instructions, lost in their world, can't comprehend, they can't potty train

## **Myth # 3 Your Child won't sit on the Potty**

- If they're just running around and I can't get their attention, I can't get them to sit, and therefore they can't learn to potty train

## **Myth # 4 Your Child doesn't care if they're dirty/not interested in going**

- If they've got Autism, pre verbal, lots of energy, and just sit in the soiled diaper, then they don't care and I can't train a child who doesn't care.

## **Myth # 5 Your Child will hold pee/poop for hours until a pull up is put back on so they won't go**

- They put themselves in terrible physical discomfort and hold it till they get the relief of the pull up so I can't let this continue and therefore they can't potty train

## **Myth #6 You don't know how to teach a child with Autism how to potty train**

- I had clear ideas of how I would parent a neuro-typical child, but a child with Autism I don't have the skills to teach. I'm ill equipped.





# POTTY MYTH BUSTING

**When you believe these Potty Myths, The action (or inaction) you're taking looks like...**

- Not doing anything
- Putting Potty Training Off
- You're half assing it
- Trying and quitting multiple times
- Leaning on the school or others to do this for you

## RESULTS:

- Your Child is Still in Diapers
- You feel like a failure as a parent and nothing changes for your child
- The lack of results here spills over to other areas
- (No Communication, increased tantrums/aggression, eloping, excess stimming, picky eating)



The Steps to Potty  
Train ANY Child  
are the same.

"It's all about THOUGHTS we  
have that decide the outcome  
we will have with potty training."





# The Potty Power Parent Mindset

"**The Gift & The Pain** of human beings is we can hear our own thoughts."

"**The PAIN** is that most of us don't question any of the thoughts the brain presents"

"**The GIFT** is that we can CHOOSE what to get behind and what we want to toss."

"At first, I saw Autism like Rainman, a major debilitating disability, but even with that fear..... "

"**I was practiced in the belief that I could create the exception to the rule, I could be the exception to the rule and by extension, Julianna will be the exception to the rule.**"

"Which by the way... are all **THOUGHTS I BELIEVE** about myself."

"**I choose to believe this about myself EVERYDAY! "**

**BE THE**  
*exception*  
**NOT THE**  
*rule*

"**It is the reason Julianna is where she is today.**"

"**I assumed ALL Parents think this way.**"

"**I can't give you the path to potty training if you've already given up on a limitless future for your baby.**"

"**You can't change anything for your child if you don't believe you can create change for yourself"**

"**You can't change that Autism is here BUT you can DECIDE how YOU want to show up for yourself and your child. Only when you do that, can you change YOUR REALITY and the reality for your baby.**"



# POTTY MYTH BUSTING

What are your thoughts around your child learning to potty training?

- Do you think they are capable of potty training?
- Do you think YOU are capable of teaching them?
- Does Autism mean diapers for life?
- **Does Autism mean CANCER to you?**

The #1 reason stopping your child from potty training is your thoughts about it.

Your thoughts are creating your current **RESULTS** with Potty Training.



Your **THINKING** needs to be **setting yourself and your child up for success** when it comes to Potty Training.

**PRESUME COMPETENCE!!** - OUR THOUGHTS HAVE TO BE IN ALIGNMENT WITH THE RESULTS WE WANT FOR POTTY TRAINING



This is the single **MOST IMPORTANT THING** you need to know...

**ALL THOUGHTS ARE OPTIONAL!**

You get to **CHOOSE** your thinking to get **NEW EMOTIONS, NEW ACTIONS AND..... RESULTS!!!!**

***I HELP PARENTS LIKE YOU TO THINK INTENTIONALLY TO GET THE RESULTS YOU WANT FOR YOUR CHILD WITH AUTISM.***



Your **THINKING** needs to be **setting yourself and your child up for success** in the potty department.

**THOUGHTS** create **EMOTIONS**, emotions create the **Action/Inaction** which creates your **RESULTS** in life and the life of your children.

Knowing that your **THINKING** is **CREATING** your current **EMOTIONS** around your child getting fully potty trained.

Now knowing that your **EMOTIONS** are **CREATING** your current **ACTIONS or INACTIONS** around your child getting fully potty trained.

Therefore - Your thinking is **CREATING** your current **RESULTS** around your child getting fully potty trained...

**ALL THOUGHTS ARE OPTIONAL!**

You get to **CHOOSE** your thinking to get **NEW EMOTIONS, ACTIONS AND..... RESULTS!!!!**

## **I HELP PARENTS TO THINK INTENTIONALLY TO GET THE RESULTS THEY WANT FOR THEIR CHILDREN WITH AUTISM**

Whether you've failed in the potty department in the past or if this is your first time, please know that by design, our brains are supposed to look for the negative. For anyone here that has tried and failed at anything, you will have repeated thoughts about how you failed and how you won't succeed in that particular arena. It's our brain's way of protecting us, if you can believe it!

For Us: Losing weight, Getting a new job, Quitting Smoking / Drinking

For our Kids: Potty Training, Trying New Foods, Communicating.

And after a while, it becomes habitual thinking

We want to **think NEW THOUGHTS on purpose to create new beliefs to yield NEW RESULTS.**





## T.E.A. LINE EXAMPLE

(Thought, Emotion, Action)

### DEFAULT TEA LINE

(what you currently are thinking)

**Circumstance/Fact** - My child is not potty trained, it's time to train.

**Thought:** "Potty Training is hard"

**Emotion:** Frustrated, Dread

**Action:** Half Ass, Rushing through it

**Result:** Potty Training Doesn't happen or its spotty at best

### INTENTIONAL TEA LINE

(what you will decide to think on purpose)

**Circumstance/Fact** - My child is not potty trained, it's time to train.

**Thought:**

**Emotion:**

**Action:**

**Result:** My child is now potty trained!



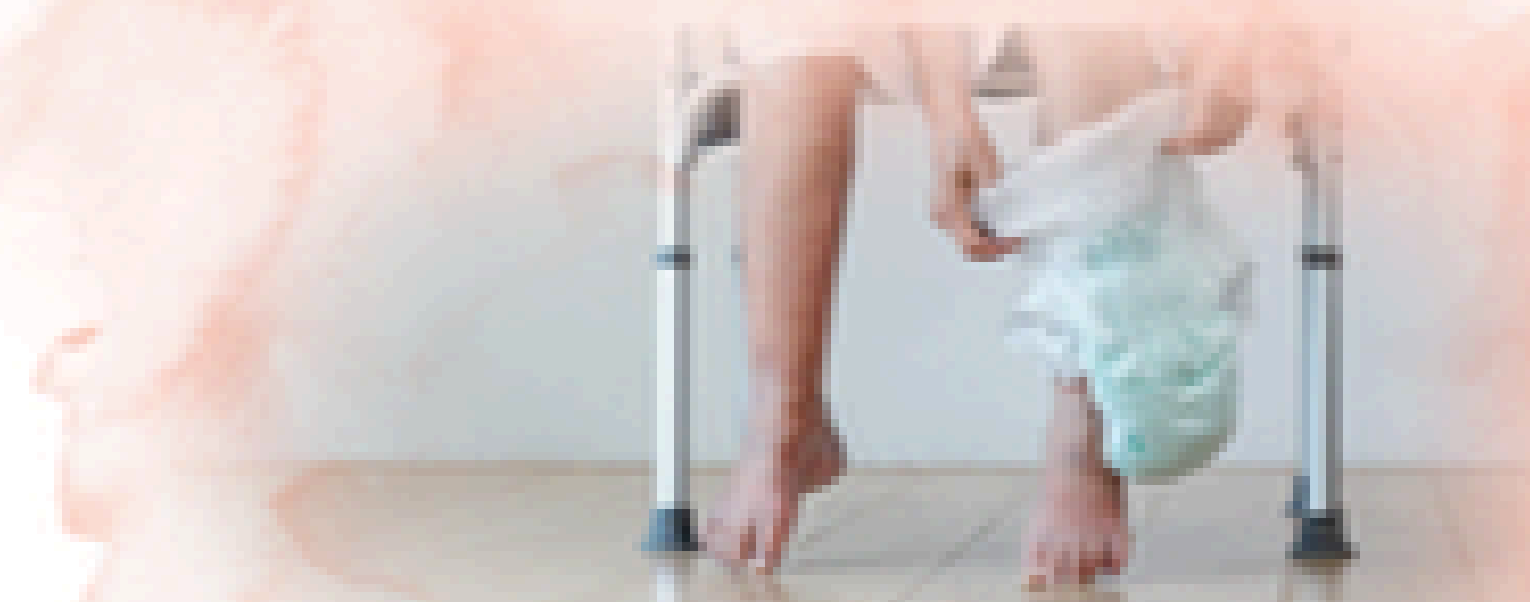
# Potty Training and Automaticity

Automaticity is defined as the **ABILITY TO DO THINGS WITHOUT OCCUPYING THE MIND** with the low-level details required, allowing it to become an **AUTOMATIC RESPONSE PATTERN OR HABIT**. It is usually the result of **LEARNING, REPETITION, AND PRACTICE**.

**POTTY TRAINING FALLS INTO THIS CATEGORY.** I want to share this with you so you understand the process of how we teach a child who pees and poops in a diaper to do it in the potty instead. This is the exact process I've watched happen over and over again for my kids and the 1000s of families I worked with.

## There are 4 Stages to Automaticity using the toilet for going pee or poop

**STAGE 1 - Unconscious Incompetence:** This is when a child is still in diapers. They don't know how to pee and poop on a potty. They don't understand the value in learning. They might not even be aware of their own bodily functions.



**STAGE 2 - Conscious Incompetence:** The child doesn't know how to use the potty and can see their lack of ability. They can see the value of **GAINING** knowledge and skills and they begin to seek growth. **This is where it can get muddy for parents of children with Autism.** You might have **BELIEFS** that your child doesn't care or it doesn't click. Whether or not a child is verbal, **we must always PRESUME COMPETENCE.** At the deepest level a child wants to please their parents. They see your desire for them to use the potty, they just don't know what to do next. The idea here is to start introducing the child to being wet or dirty which happens during potty training! We then have them be a part of the clean up and show them there is a better way with a **REWARD** waiting for them if they do it in the potty. (More on that later in this guide).

**STAGE 3 - Conscious Competence:** The child knows a great deal about Potty Training and can reliably perform the tasks involved. However they still have to concentrate on the task while doing it. This is the point in potty training when they know you want them to put pee and poop in the toilet, but they need help remembering when to go. **This is a part of the potty training process for ALL CHILDREN.** We tell them pee and poop go here, then we have to **REMIND** them when to go.



**STAGE 4 - Unconscious Competence:** The child has practiced and performed the skill so much that it's become second nature. They can now pee and poop on the potty effortlessly and unconsciously-even while doing or thinking something else. It's just a part of life now.



# When Should You Start Potty Training

If our kids are not trained properly, many would actually avoid sitting on the toilet or going to the bathroom altogether. They have failed so many times, and the parents get irritated, and it always turns into such a big mess (literally and figuratively)! You know what I'm talking about. The older the child becomes, the more resistance expressed and even anger adds into the training process which makes for an unpleasant experience for all parties involved.

If you have reached that point with your own child, the first step to master potty training is to pair up the bathroom with something positive – we call it “positive reinforcement”. This will help your child to feel more comfortable with the toilet and the bathroom in general. This pairing process may involve having your child sit on the toilet fully dressed while doing something fun. For example, you could give them an iPad or give them their favorite toy. Another way is to put them on the toilet seat with the diaper on, and then, over time, transition to sitting without the diaper.

The main goal here is to very-very slowly get rid of the negative feelings your child has toward the toilet routine. The goal is to see your child running to the bathroom whenever they need to or, at least, go there without any screams and tears.

So how do we know when our child is ready to start or re-start the potty training? You can generally tell that your atypical child is ready for the potty training the same way as you would tell with a typical child.

I believe that the best age to start potty

training with reinforcement is at 12-18 months. This can be as simple as pairing the bathroom with good things. By starting out developing these associations while the child is still young, they will start thinking of bathroom time as a natural (and even fun!) part of their routine. If you decide to wait until 3.5-4 years of age and start training your child too suddenly, it may only produce more fears and resistance.

The truth is, the bathroom can seem quite scary and intimidating to a child, especially for a child on the spectrum with more sensory sensitivities. Just think about it: the bathroom is smaller and more enclosed than other rooms in the house. Everything within this enclosed space contains hard objects: the walls, the floors, the toilet, the sink, and the bathtub. This can cause more echo in terms of sound, which could also scare the child. Not to mention that terrifying loud sound when the toilet is flushed! Our children on the spectrum can get easily overwhelmed by little things around us that to us, we don't even notice. Please, please keep that in mind when potty training!

If you can, start out early with the training, but if your child is much older please know it's never too late! By the time they are 5 years old, children with Autism can be successfully toilet trained. Of course, the earlier, the better, but don't stress out. It is never too late to begin potty training!

Some of you may have heard of a few signs showing that a child is ready for potty training...

- 1 Staying dry for two hours.
- 2 Regular bowel movements.
- 3 Ability to follow simple directions.
- 4 Demonstration of discomfort with soiled diapers.
- 5 Pulling pants up and down.
- 6 Requesting to use the toilet and/or wear underwear.

But for many of our Autistic children, these prerequisites aren't there! And they may never be there.

So don't let the lack of these prerequisites keep you away from starting to potty train your kid!

## Where Do I Begin?



Great! Now we know when to start toilet training. The next question is “How do I begin?”

A good place to start potty training once you get rid of bathroom fears by establishing a positive association with the bathroom, is to keep your kid as dry as possible by changing the diapers regularly. Up until this moment, having wet or soiled diapers felt usual to them. You want to teach your child that being wet is not good, so you have to first show how good being dry can feel. If your child can understand what

“wet” and “dry” means, you can start teaching them the difference between the two. For example, get a couple of paper towels, and demonstrate what a wet and a dry one to your child. Teach them to touch and feel each one and then label them as “wet” and “dry”. The problem is, many children who have not been potty trained yet can't label “wet” and “dry” or even “dirty” and “clean”. So it is a good idea to practice with paper towels every now and again.



# Where Do I Begin?



Now, when you change your child's wet diaper to a dry one, you should comment out loud, "you are very wet". Don't laugh, smile, or look playful while doing so. If there is some hard poop inside the diaper, you should dump it in the toilet and flush. Bring your child along and tell them something like, "Poop should go in the potty. Flush the potty, bye-bye poop!" You don't have to say the exact same words, but you get the idea. Doing this will show the child that nothing fun will come out of having a wet or dirty diaper and also teach them where the poop needs to go.

I know it can be difficult to predict when your child would need to use the bathroom, but there are a couple of tricks that could help you. Generally, there are two main times when a child would need to poop. The first time is shortly after waking up and standing up in the morning. The second one happens 15-30 minutes after eating. Though, it can differ from person to person, so don't quote me on that!

Many children on the spectrum have problems with their digestion, and

some of them are chronically constipated. This could lead to extra difficulties with potty training

If this is your child, then that's what my group coaching program is all about. We've helped problem solve issues like this for hundreds of children in the Champions for Our Children Masterclass. If you like more information, please email [michelle@michellebrogers.com](mailto:michelle@michellebrogers.com)

To make the potty training easier, you can write down the times when your child pees or poops. I've included a printable Potty Schedule on the last page of this guide. Knowing their toilet patterns will help you plan accordingly. Ideally, children should have bowel movements 1-2 times a day. If it is anything more than that, you should take a closer look at what they are eating. Another great idea before officially starting the toilet training regimen is to place your child on potty at bath time and in the morning.

## Choosing a Good Time to Start Potty Training

With potty training, there is no "one rule fits all". The right time to start potty training depends on many things specific to your child. Think about the upcoming few months to pick a good time to begin. Ideally, it should be several weeks when both you and your child will be home often. In the following couple of months, nothing stressful should be happening, such as a move or birth of a sibling... so no major events!

If the child has just been recently diagnosed with autism, both of you would be very stressed. Maybe, potty training can wait a few weeks, nothing catastrophic would happen! You already have so many things on your plate. Developing instructional control, learning about the child's reinforcement... Developing instructional control means showing your child that when they do what you ask, they get something good in return. The child that has been just diagnosed with autism will be learning that, for example, sitting at the dinner table for some time will mean some iPad time for them. So, I recommend waiting with the official potty training program a little bit. But you can still try all the early toilet-training steps described above.



# How to Plan *Potty Training*

Having a plan is always important. When I was potty training Julianna, the plan helped me stay on the course and track the progress. Here are a few things to consider when making your own plan:



## 1- Set Goals.

What are you trying to achieve? This could be as simple as going to the bathroom without tears or actually asking to go to the bathroom when needed.



## 2- Create Potty Plan.

We will talk about this plan later on in the e-book!



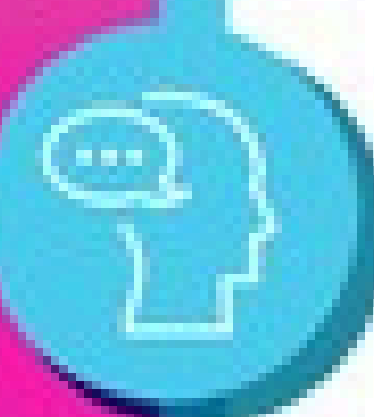
## 3- Select Reinforcers.

Remember? These are the little positive things the child receives when making progress with the potty training. (ie m&m's, toys, cards, etc)



## 4- Plan How You Will Write Down Progress.

Consistency is key! Write down the plan, the timing of bathroom visits, and so on.



## 5- Choose Words to Use.

This could be "potty" vs "toilet", "poop" vs "bowel movement", "pee pee" vs "urinate. If Mama says "wee wee", it should always be "wee wee" and not "pee".



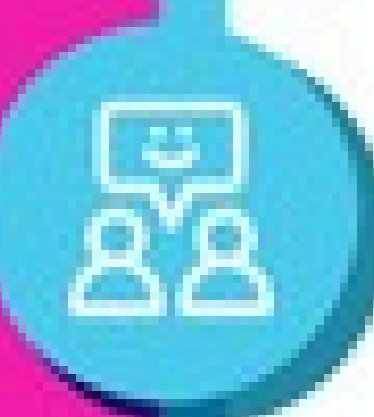
## 6- Prompts.

Which prompts will you use to remind the kid to go to the bathroom? How are they going to be faded with time?



## 7- Scheduling Stuff.

How often will you take the child to the bathroom?



## 8- Use of Reinforcers.

Once you select the positive reinforcers for potty training, only use them for this purpose.



## 9- Consequences.

What will the Mama do or say if the child has an accident?



## 10- Data Sheets.

Prepare some sheets to write down the progress



## Materials: Everything You Need for *Successful Potty Training*

Now, that Mama has a potty training plan, let's think how to turn it into reality. What materials will you need?

Needless to say, we will need a toilet or a potty. If the child weighs over 50 pounds, having a small potty probably wouldn't work, but the Fisher Price Frog potty is quite nice for younger children. I like it because it doesn't have a detachable pee guard, which always seems to be in the way and causes problems. The child sits quite low, it has a built-in pee guard, and it is appropriate for both girls and boys. If you don't want to use a small potty or the child is over 40-50 pounds in weight, you would have to use the regular toilet. Some Mamas choose to use the insert toilet seats.

You could buy a three-in-one seat for potty training, which includes a step stool that is built directly into a ring that sits on top of the toilet. If you want to use any sort of toilet alarm, there are a few to choose from. There was one toilet alarm used in the Leblanc study, called Wet Stop 3.

You are also going to have some extra drinks around, - don't worry, we will discuss this later in the e-book!

I have used pull-ups for training Julianna, and I always recommend pull-ups over regular diapers. There are also some pull-ups that have a picture at the front that changes colors when the child pees. It is such a great way to tell what's going on inside the diaper!

Finally, you will need some type of reinforcer. It could be stickers, candy, or both. And, of course, get some schedule sheets with a clipboard and a timer.



## *Choosing Rewards and Additional Tools*

It is very important to choose rewards or reinforcers that the child would like. You know your son or daughter better than anyone. What would they like? You can use videos, books, dolls, social stories, video modeling – it's up to you, really

### **Here are a few tips about the additional tools you can use:**

- ☑ Make videos or social stories with photos of the bathroom at home.
- ☑ Use dolls or stuffed animals to show how to use the potty.
- ☑ Read potty books together (for example, Once Upon a Potty is my favorite!)
- ☑ Use mobile apps (my favorite one is Potty Time).



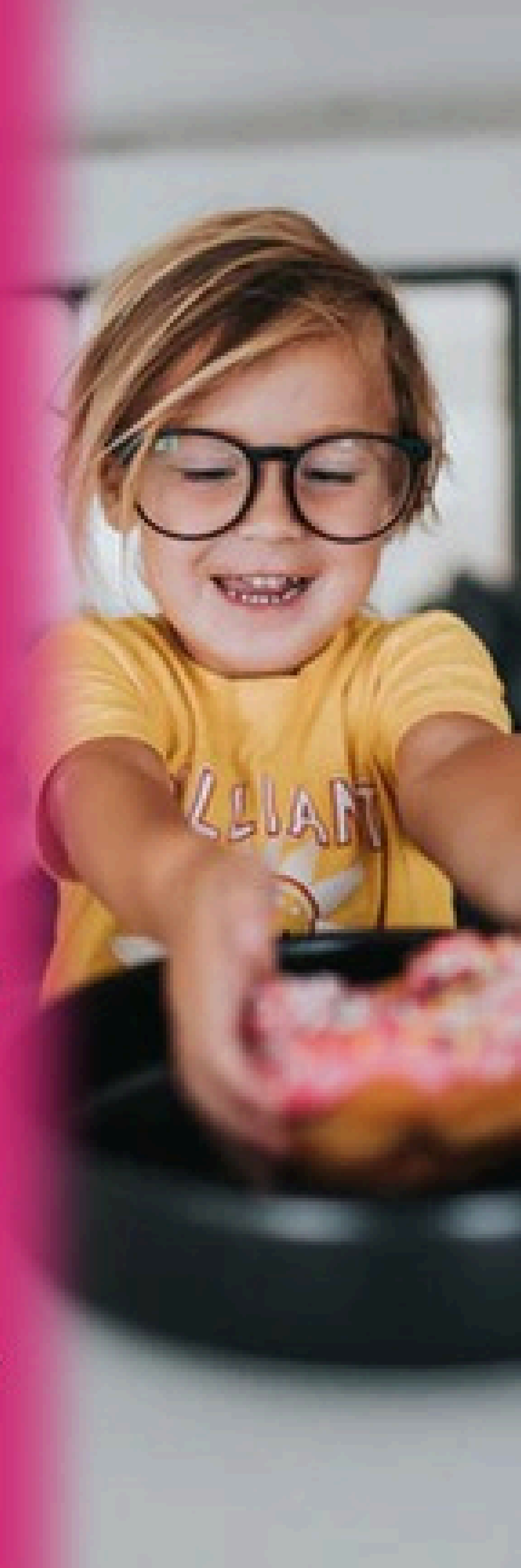
# Choosing Rewards and Additional Tools

You know what your child likes. But there are still a couple of things to think about when you are choosing reinforcers. Rewards should be:

- ✔ Self-terminating (this means, they should disappear quickly - for example, bubbles or candy)
- ✔ Immediate (give it to the child right away)
- ✔ Motivating to the child (make sure it is something you can control and think outside the box)
- ✔ Tangible (most children won't respond to stickers right away)
- ✔ Only used for potty training purposes

Another huge part of potty training is the type of diapers used. Here are a few tips on pull-ups, diapers, and underwear:

- ✔ Underwear is our goal. It is the best choice, but it may not be the best for school. If your son or daughter wets themselves at school, it would get MESSY. Even at home, it could lead to some wet accidents. So, switch to underwear only after 80%-90% of potty training journey is done.
- ✔ You can put some waterproof pants or pull-ups on top of the underwear.
- ✔ You can use diapers or pull-ups at night until the child is fully trained during the day.
- ✔ If your child is wearing pants, make sure that they have elastic waist (for example, sweat pants).
- ✔ Avoid zippers, buttons, belts, or snaps. I always like getting pants that are a couple sizes larger. It is a lot easier for the kid to pull the pants up and down if they are bigger.
- ✔ Show your child how to pull down pants only until the ankles. Do not let them to get fully undressed.
- ✔ When the child is pulling the pants up or down, you should let them do it by themselves. Don't help, if possible.



## Types of Toilet Training



Now that you have everything ready and set up, it's time for my favorite part: Michelle's 3 Step System for potty training. It involves drinking 2-4 oz of liquid per hour, scheduling potty sessions with rewards, and writing everything down.

Let's dive in and go over the details.

### Step 1: Extra Drinks

First, check with your family doctor how much liquid your child should drink, especially if they have other medical conditions. Next, give some extra drinks to your child during the potty training to have more opportunities to practice (the goal 8-10 cups of water a day). If your child doesn't drink that much, there are a few tricks I like to use. For example, give the child some watermelon or popsicles, they never say no to popsicles!

### Step 2: Scheduled Potty Sessions with Rewards

Take your time to schedule potty sessions at least 1-2 time every hour. When the time comes, tell your child that "it's time to go to the bathroom or potty". Make sure the kid says "potty", and then take them there. If the child is on the "once an hour" regime, and the attempt fails, try again in 15-30 minutes. It is also important to fine-tune the schedule based on how well the kid is doing.

The breaks between potty sessions should increase gradually. For example, if the child is on a 45 minute schedule and manages to go three days without any accidents, the timing should increase to one hour. Once your son or daughter starts asking to use the potty, the breaks between sessions should get longer (every 3-4 hours). If the child successfully poops or pees, they should receive their reward right away.



# Types of *Toilet Training*

## Step 3: Writing Data

You will have to write down all the successful trips to the potty and all the accidents - both small and big. I know, it can get annoying, but this will help to see how often the child pees and at what time they usually poop. Writing everything down will also help you see how successful the potty training is.

It is also a good idea to write down how much water and other liquids your child drinks at certain times. Especially, if your kid likes to fill up on a lot of water at the same time or doesn't like drinking that much altogether.

Your data sheets should also be sent to school. There always has to be a lot of back-and-forth communication between home and school.

## *"In the Bathroom"*

### Method: More Intensive Training

The "In the Bathroom" method is a more intensive type of potty training. Here, you would have a series of periods where the child sits on the potty for some time, alternated with sitting on a chair in the bathroom or right outside.

During this intensive training, the child is given more water, and he or she stays in the underwear. You should check the underwear often if the training is at home, or a potty alarm could be used at school. And, of course, the child should be given lots of rewards and encouragement for peeing!

Usually, the training will start with the child sitting for 10 minutes on the potty, followed by 5 minutes on the chair. They should be given 4-8 oz of water every hour. Once the kid manages to stay dry, you can move on to having 5 minutes on the potty and 10 minutes on the chair. As the child masters the trick of staying dry while on the chair and peeing while on the potty, the time spent on the chair can be gradually increased. The liquids should also be reduced as the child gets better and better.

Whatever system you decide to use, the liquids and the schedule should be faded. If you are using a potty alarm, it would have to be faded as well. The child will also learn with time to wear pants over underwear without getting them wet. Finally, if you are using a potty, you should eventually switch to a real toilet. As your kid gets better and better at toileting, you should adjust all these little things.



# Teaching Your Kid to *Ask for the Bathroom*

Eventually, you should teach your child to ask for the bathroom trip themselves. Here are a few tips to help you with this:

- ✔ Think about different types of communication - words, signs, pictures.
- ✔ When you say "it's time to go to the bathroom", prompt your child to say "potty" or show it with signs or pictures.
- ✔ Before entering the bathroom or sitting down on the toilet seat, ask your child, "Where do you have to go?". Prompt your child to say "bathroom".

Once the child starts asking to go to the bathroom and manages to stay dry on a schedule, it's too early to relax, Mama! There is still lots of work to do!

You would have to still work with the team to:

- ✔ Get rid of the schedule.
- ✔ Get rid of asking "do you have to go to the bathroom or potty?"
- ✔ Remind about the bathroom only like you would any young child. For example, before getting dressed in the morning or going on long trips.
- ✔ Slowly fade out reinforcement for using the potty or asking to use it.
- ✔ Keep working on asking to use the bathroom when outside of home.
- ✔ Keep teaching other toileting skills, such as wiping and washing hands.
- ✔ Work on nighttime and poop training.



## Bowel Training *and Wiping*

Okay, we've done great with teaching a child to pee in a potty, so now it's time to get to more serious (and more messy!) business: BOWEL TRAINING.

Here are a few notes about this:

- ✔ A child that is trained to pee in the potty may start to poop in the toilet at the same time they go there to pee.
- ✔ A child who has an accidental poop while on the toilet should get a HUGE amount of reinforcement. I mean, HUGE.
- ✔ It is not recommended for the child to wear pull-ups after they manage to keep themselves dry. This makes poop training a big and messy problem.
- ✔ Make sure to give lots and lots of reinforcement for pooping in the toilet.
- ✔ If your child can't poop for more than 2-3 days, talk to your family doctor. You may need to give him or her a suppository every few days.



## The Unmentionable: *Wiping*

67% of parents report that wiping is still difficult, even when the child is potty trained. This means that you need to **start teaching right away!**

As a Mama myself, I know that wiping tends to be a big challenge that has not yet been properly reviewed in the literature to my knowledge.

- 1 Get 5-6 squares of folded paper.
- 2 Wipe from front to back.
- 3 Repeat it until the paper is clean.
- 4 Flush the toilet and wash hands.

For the children that are not yet toilet trained, following these steps would be next to impossible.

In fact, wiping is even more tricky than that:

- For girls, it is very important to wipe from front to back to prevent E-Coli from entering the urethra or vagina.
- Since boys' bodies are different, it may be more convenient for them to go from back to front, through the legs.
- It is usually challenging to teach children to "wipe until clean".
- You can try some fluency exercises: pull to knee, fold, fold again, wipe, drop in the toilet, repeat again.
- It could be tricky to teach boys when to wipe (when pooping) or to stand for pee, sit for poop.
- Address wiping in the plan: discuss how much toilet paper to use, through the legs, front to back, etc.

## Nighttime Training

Once your child masters all the aspects of potty training during the day, you can move on to nighttime training. If the child goes through the night without getting themselves wet for at least 5 days in a row, it's time to say bye-bye to pull-ups or diapers at night.

If the child keeps having accidents at night, there are a few things you can do:

- Encourage more drinking in the afternoon, but not in the evening.
- Don't give the kid as much liquids in the evening.
- Say no water or other fluids within 2 hours of bedtime! Just let the kid take small sips.
- Have regular scheduled time for going to bed and waking up in the morning.
- Take the child to the toilet if he or she wakes up at night.
- Take them to the bathroom IMMEDIATELY when they wake up in the morning.



# Fecal Smearing

Your child could be fecal smearing for a few reasons:

*To get your attention  
(negative attention is still attention!)*

*Likes the feel of it (sensory)*

*To delay an unpreferred activity*

*Infections, abdominal pain or discomfort*

The solve is to figure out what your child's reason is based on the above.

AND IN ABA, find out the ABC of it:

**Antecedent** : What situations occur that lead up to the smearing?

**Behavior**: the behavior itself

**Consequence**: What happens AFTER smearing?



## Example

If they are doing it for attention then **DON'T GIVE THEM ATTENTION.**

Even negative attention is attention\*\* Clean them up and only give them attention once you've moved on to the next activity

If it's sensor, we want to **REPLACE** the actual poop with something else to give them that sensation:

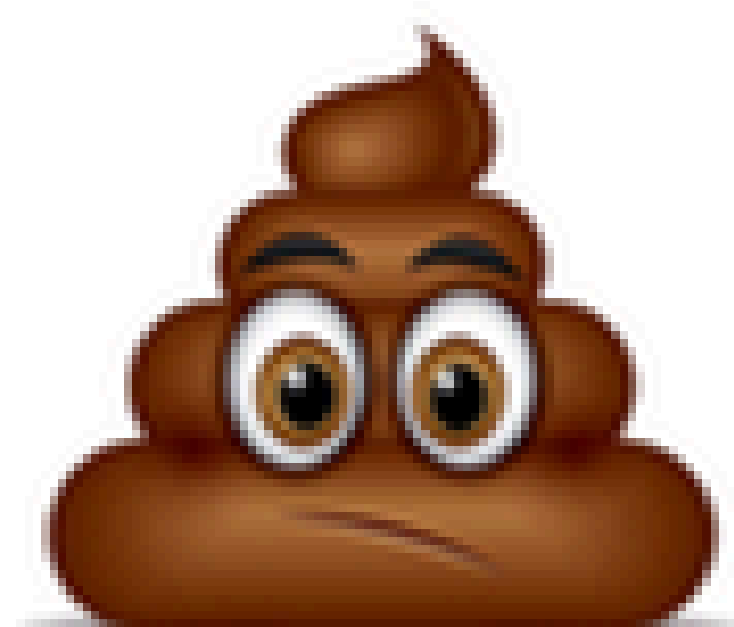
Suggestions include:

Playdoh

Putty

Slime

Kinetic Sand



# *Accidents* after Potty Training is Complete

A wetting accident here and there can happen to any child. Don't freak out! Changes to the diet, medical problems, or medication changes can all lead to a toileting accident.

I often see regression when a child is doing great and asking to go to the bathroom, and then goes to a camp or a new school in September. Then, all of a sudden, the teacher puts everyone on a two hour schedule. The kid stops asking for bathroom and gets back to needing reminders. So please-please avoid over-asking! If you know that your child will be going to a new classroom, make sure that there will be opportunities for them to ask for the toilet themselves, without the schedule.



## Training Plan *Wrap Up*

How long will the training take? It will take days, weeks, or even months... But it will definitely not take years! All you need is a systematic approach and a little bit of patience.

Just like with any other training, we will need to make a plan, stick to it, and write things down. Using the potty is a learned behavior, just like any other type of behavior. It is important to use the information provided in this e-book to help your child master the art of toileting.

*Now you have everything you need.  
Good luck, Mama!*





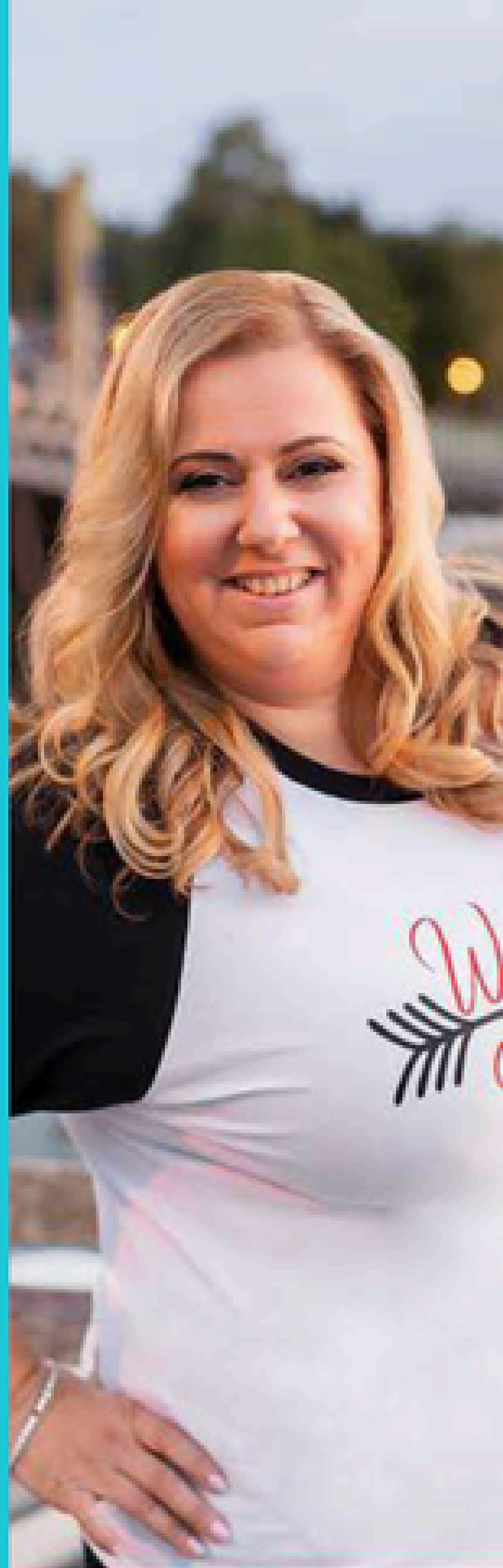
# *Juliana's Journey*

Hey There! Coach Michelle Here! Not sure if you know about our Journey but my daughter was diagnosed with Autism at age 2. She was non verbal in the most restrictive special education preschool class (6:1:4) and she went from no language, to sign language, then to speaking. She today is in a 2nd Grade Integrated Classroom in General Education School with Typical Peers. I'm going to be honest with you, I probably wasted time with my daughter. I probably could have gotten to where we are today FASTER if I had someone to support me and help me out of my fear story. Us WARRIOR MOMS need to quickly get out of our heads, process our emotions, and hit the ground RUNNING. The true GAME CHANGERS are the one who take action the fastest. I WISH I had someone in my corner, taking me from the darkness to the light.

My Gift to You! a 30 Minute Strategy Call! There are a ton of resources at your disposal that you need to access and implement as soon as possible. I will proudly be the parent by your side that understands and is cheering for you because I have lived it. I am confident that I can be a valuable guide who will help you see through the fog of uncertainty and overwhelm to chart a course of successful development for your child. That's why I want to offer you a FREE 30 Minute Strategy Call! This Strategy session is where I will help you get clear on your vision of what you want for you and your child, and help you craft an action plan so you can make it happen! Click [HERE](#) to book your call! We look forward to talking to you soon!

I'm Michelle Rogers from Champions for Our Children.....

and If I can only help one child, I want it to be



*My Gift to You*

**ACCESS THE  
QUICK START  
GUIDE HERE**

**MY GIFT**

**TO YOU**



**IF YOU'RE READING THIS AND THINKING, "I DON'T WANT TO KEEP DOING THIS ALONE," I WANT TO INVITE YOU TO A PRIVATE DECISION-MAKING CALL.**

**ON THIS CALL:**

- I'll listen to your child's story, your goals, and what you've already tried
- We'll talk honestly about what it would take to get your child potty trained in the next few months
- I'll walk you through my group coaching program and how my team and I support you with potty training, communication, and problem behaviors

**THE PURPOSE OF THIS CALL IS SIMPLE:**

- I want to hear all about your child,
- Tell you about my program,
- and we'll see if it makes sense to work together.

These calls are for parents who are serious about getting this handled, not "someday," but now.  
If that's you,

**CLICK HERE TO BOOK YOUR  
DECISION-MAKING CALL**



# Toilet Training Data

|               | Date: ____/____/____ | Date: ____/____/____ | Date: ____/____/____ | Date: ____/____/____ | Date: ____/____/____ |
|---------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Time          | Monday               | Tuesday              | Wednesday            | Thursday             | Friday               |
| 1             | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 2             | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 3             | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 4             | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 5             | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 6             | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 7             | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 8             | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 9             | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 10            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 11            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 12            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 13            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 14            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 15            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 16            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 17            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 18            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 19            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 20            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| 21            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            | D W PU BM            |
| <b>Total</b>  | <b>D W PU BM</b>     | <b>D W PU BM</b>     | <b>D W PU BM</b>     | <b>D W PU BM</b>     | <b>D W PU BM</b>     |
|               | Monday               | Tuesday              | Wednesday            | Thursday             | Friday               |
| % Dry         |                      |                      |                      |                      |                      |
| % Wet         |                      |                      |                      |                      |                      |
| Staff Initial |                      |                      |                      |                      |                      |

% Dry = Add up total of Dry and correspond the # to the percentage chart. Place the # in the % Dry column for the day.

% Wet = Add up total of Wet and correspond the # to the chart and place the # in the % Wet column for the day.

**KEY: D = Dry W = Wet PU = Produced Urine BM = Bowel Movement**