

## **Intensive Toilet Training/ “Toilet Camp”**

### General Guidelines:

- Ensure that the child drinks lots of fluids throughout the day. The more he drinks the more opportunities he will have for learning and success. Give him drinks he enjoys if possible, and give him favourite salty snacks so that he wants to drink more!
- Have toys and enjoyable activities for the child to play with in the bathroom, but at first these activities should not be too distracting. He needs to remember what he is there for!
- Have child's favourite activities and rewards for when he successfully urinates on the toilet! (eg. favourite movie, new toy, stickers, cheering and praise, balloons, books). He can also leave the bathroom for about 15 minutes at this time, as long as this is not causing him to have an accident! This reward is VERY important for his success!
- If the child has an accident, act neutral and calm (don't give it a lot of attention). An accident is not bad; just a time to learn. Have him help clean himself up and change clothes.

### Teaching the Steps

There are two rules to follow for the below steps:

- 1) You should not prompt the child to use the toilet for each stage when you think he needs to go (no words or gestures or helping him). If he is prompted he is not learning to go on his own! One thing you could consider using is some pictures of the toilet up around the house that he can see, that may remind him.
- 2) If the child has an accident at the step you are working on, back him up to the previous step and wait until he has another success at that step before moving him forward again.

### STEPS:

- 1) Have child sit on the toilet with a preferred book until he pees on the toilet (have him drink lots of fluids so that he WILL go eventually).
- 2) Have child sit on a chair right beside the toilet with nothing or JUST underwear on. You can tell him once “if you need to pee, go on the potty”. He is successful when he gets up on his own and sits on the toilet to pee. If the child has difficulty sitting, you can also have them standing or playing on the bathroom floor. He is successful when he can get up on his own and go to the toilet when needed.
- 3) Open the bathroom door and allow the child to play in a 2-5 ft. area around the bathroom door. He is successful when he can go to the toilet from there.
- 4) Gradually move the space outwards...on the stairs, to a nearby room...you may have to make a decision how close/far you want to move the space each time. You may want to start adding in pants that are easy for him to remove on his own during this time too.
- 5) Gradually move upstairs and into natural daily activities. The child will be officially toilet trained when he can leave his favourite activity and run to the potty when he needs to go.

Remember...this may be slow at first and may take several days or longer. It is important to make sure you have support to ensure consistency, and that there are rewards and breaks for caregivers or parents during this time, so that they can stay motivated too :)