

Prompted Toilet Training

Proactive Plan, Reactive Plan, and Bowel Movements

Prompted training is a more intensive step once a child is comfortable with sitting on the toilet during routine times and when he/she can sit on the toilet for up to 5 minutes.

This step will hopefully start to give a child more awareness of wet/dry pants as well as give them the opportunity to consciously start to “hold it”. Often this will lead to spontaneous use of the toilet.

This should be done when the child is showing readiness and comfort with using the toilet at routine times (up to 6 sits a day).

Proactive Plan

- Have your child wear NO DIAPERS (only underwear and/or pants) when awake at home. You can also do this with diaper on but then your child won't be aware of when they are wet and neither will you!
- Take your child to the toilet every 30-60 minutes and track time and progress. (Take your child more often if they are having more accidents, especially for an hour or so after eating and drinking).
- If your child urinates/has a bowel movement (BM) have a PARTY! (ice-cream, favourite toy, praise, music, favourite movies! Praise could be motivating enough!)
- Between times you take your child to toilet, you can praise and give high fives for dry/clean pants. This will help give your child the awareness of wet/dry pants. Can be combined with SLP (Speech Language Pathologist) goal of learning “wet”/“dry” if applicable.

Reactive Plan

- If your child has an accident, CALMLY take them to the toilet and see if they will finish going there. (Sometimes kids will start urinating, then stop and hold it until they get to the toilet).
- Have your child help with cleaning up and changing pants as much as you can (have extra dry sets ready in the bathroom).
- Have your child do the logical consequence of taking their clothes to the laundry and putting them in the hamper or into the machine.

Bowel Movements (BM)

- If there is a predictable time that your child has a bowel movement try to have them sit on the toilet at these times and tell your child “go poop on the potty!”
- If your child will not go on the toilet, you can put them in a diaper for this time and try to have your child have the BM in the bathroom (this is a private place, gets them used to being in the bathroom to go).
- Continue to change your child in the bathroom and if possible flush down the BM in the toilet (show them where it goes.) Have your child help clean themselves up if at all possible.
- If you feel up to it, you could try just leaving your child in underwear/pants or in swim shorts (to minimize the mess) and allow your child to have an accident. This would show your child how messy it is and how long it takes for you (and them) to clean it up. This may help your child be more motivated for using the toilet when they are given the opportunity, but we won't know unless we try (and we know it may not be fun to try!).

Best of luck and success with your toilet training!