

Intensive Toilet Training Protocol

Materials: Timers, cleaning supplies, PECS cards (if applicable), plenty of clean underwear (*no pull-ups or diapers unless on extended drives and at bedtime*) preferred beverages, foods, toys, and videos

Treatment Components: Drinking schedule, scheduled sits, communication training, differential reinforcement of urination in toilet, positive practice

- **Drinking Schedule:** Beginning at every 5 minutes and fading to every half hour, the child will be offered a preferred beverage. This will only happen on the first intensive treatment day.
- **Sitting Schedule:** Five-minute sits every ____ minutes. You will need to make sure you **know what schedule your child is on!** Criteria for increasing schedule: 80% accuracy for 2 days.
- **Communication Training Schedule:** Say communication response (e.g., “potty”) and have him say the communication response and/or give you the picture card at every scheduled sit (prompt as necessary).
- **Differential Reinforcement of Urination in Toilet:** Upon successful urination in the toilet (or successful bowel movement):
 - Provide social praise that is preferred by the child (e.g., enthusiastic verbal praise, hugs, smiles, claps).
 - Provide access to highly preferred toys and food.
 - Allow child to get off of the toilet and go back to playing or, if at school, working.
- **Off toilet urination:** If child begins to urinate away from the toilet, ***immediately*** rush the child to the toilet, say the communication response (e.g., “potty”). Place the child on the toilet and allow him to complete urination. If the child completes in the toilet, provide reinforcers for urination in toilet and do not do positive practice. If the child does not complete urination in the toilet, remove him/her from toilet after 1 minute and ***implement positive practice***. After positive practice is complete, dry off and have the child change underwear and any other soiled clothes.
- **Positive Practice:** Take the child by the hand/arm to the spot where the accident occurred, point to the spot and then to the child's pants. Say in a firm voice "no wet pants" and walk him/her to the toilet. Have the child remove his/her pants and sit down.

Then have the child stand immediately, pull up their pants, and bring him/her immediately back to the spot where the accident occurred. **Repeat the procedure 4 times.**

Helpful Tips

1. Know your child's schedule at all times.
2. Have reinforcers and bathroom card (if used) available at all times.
3. If the child urinates successfully...
 - a) Give enthusiastic praise, hugs, and smiles
 - b) Give access to highly preferred toys and food
 - c) Allow child to get off the toilet and return to activities
 - d) Restart time until next sit
4. If child has an accident...
 - a) Say "no wet pants"
 - b) Rush the child to the toilet
 - d) Allow child to finish urination
 - If child finishes, provide reinforcement (#3 above)
 - If child does not finish, implement positive practice (see below).
 - e) *Implement Positive Practice Immediately*
 1. Take the child to where the accident occurred
 2. Say "no wet pants"
 3. Rush the child to the toilet, pull down pants, and sit him/her down
 4. Quickly get the child up, pull up his/her pants
 5. Go back to where accident occurred and **repeat the process 4 more times**

Please ask questions if you ever feel unsure about a procedure.

LeBlanc, LA; Carr, J.E.; Crossett, S.E.; Bennett, C.M.; & Detweiler, D.D. (2005) Intensive outpatient behavioral treatment of primary urinary incontinence of children with autism. *Focus on Autism and Other Developmental Disabilities*, 20(2), 98-105.