

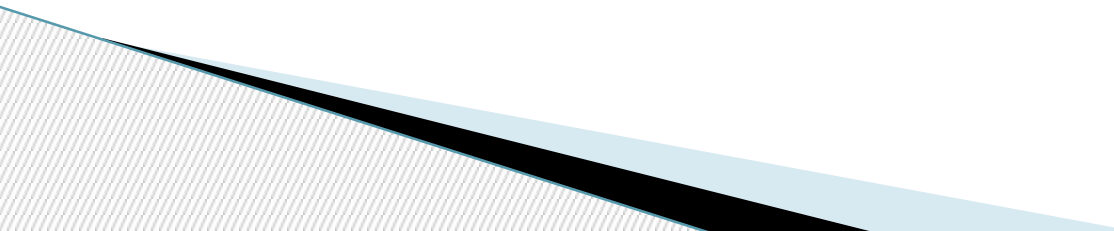
Toilet Training Program for Individuals with Special Needs

Adapted from the Foxx and Azrin Program



Pairing the Bathroom with Reinforcement

3 Highly Preferred Items

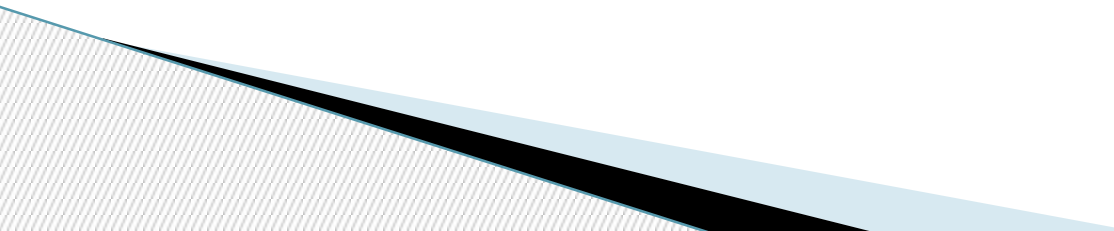
- ❖ Item for sitting on the toilet
 - ❖ Item for dry pant checks
 - ❖ Item for successful urination and defecation
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Gathering Materials



- Seat with splash guard
- Stool for smaller or unsteady participants
- Plenty of clean underwear
- Timer
- Apron for reinforcers
- Data sheet
- Preferred items

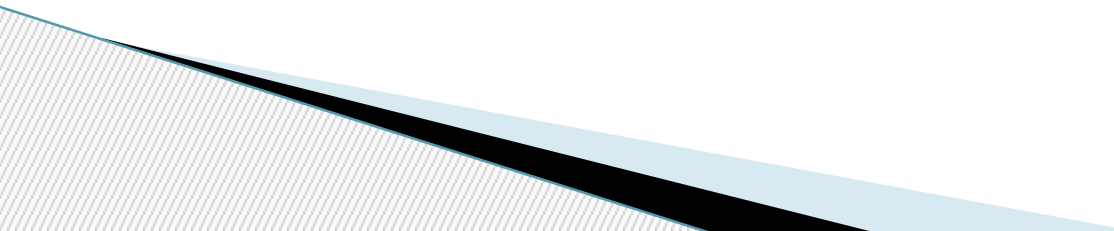
Take Baseline Data

- Determine when and where the client most often voids
 - Note collateral behaviors that occur prior to voiding
 - Determine the latency of responding after drinking fluids
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Implementing the Program

Day 1

When beginning the potty training program:

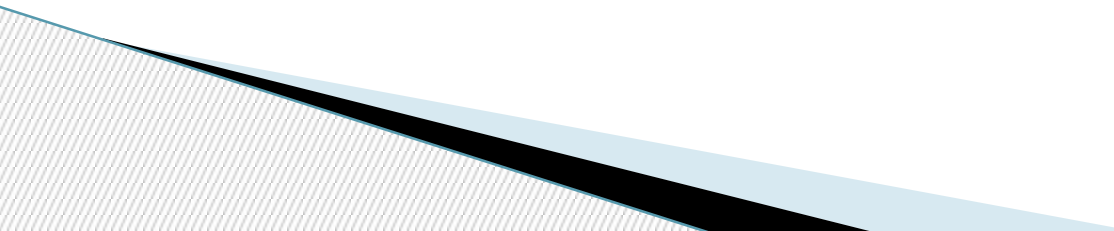
- Only use regular underpants. Diapers or pull-ups may only be worn each night while the participant is sleeping, but should be removed as soon as the participant wakes in the morning.
 - Keep the participant's bladder full most of the day by giving the participant as much fluid as they can drink. Do not give the participant salty foods in order to create an EO to drink. Salty foods will cause the participant to retain water.
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Implementing the Program cont.

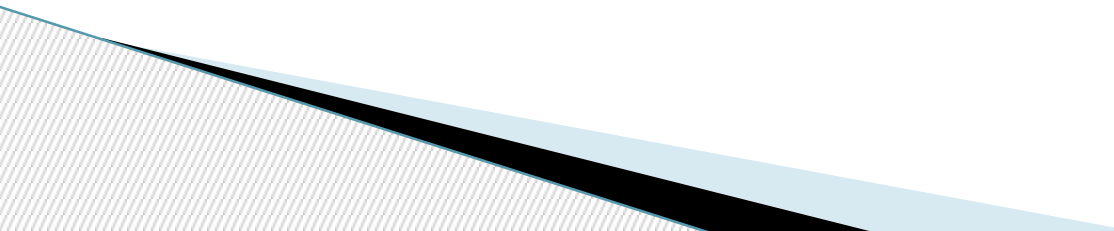
- Take the participant to the bathroom every 30 minutes. Stay on the potty for 10–20 minutes or until the participant voids. If the participant does not void, instruct them to put their clothing back on using minimal prompts and allow them to leave the bathroom. Boys should also be sitting on
- If the participant voids during this time, provide tangible reinforcement and praise immediately. Prompt them as little as possible to pull their clothing back on and allow them to leave the bathroom.
- Every 5 minutes, check the participant to see if they are dry. Put the participant's hand on their pants so they can check themselves. If the participant is dry, provide reinforcement and praise.

Consequence Procedures for Accidents

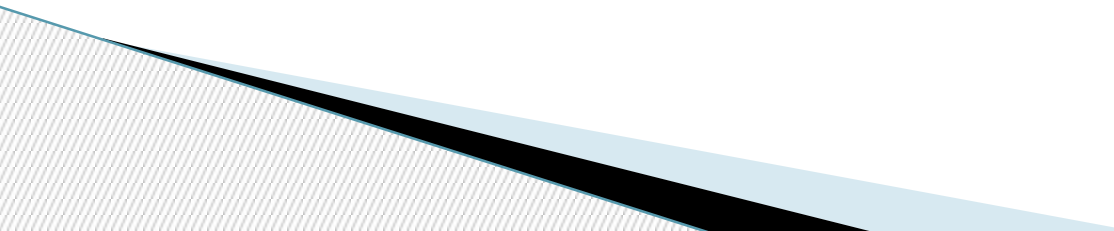
Positive Practice Procedures:

- If the participant is not dry during “dry checks”, be sure they touch the wet pants and tell them where they are supposed to urinate.
 - Then immediately take them to the bathroom.
 - Immediately return to the spot they urinated in and follow the routine again.
 - Repeat this positive practice procedure five times. Use full prompting if necessary.
 - After the fifth practice, change the participant into dry clothing and have the participant clean the spot where the accident occurred. Do not provide a lot of attention at this time. The positive practice procedure is not fun for the participant.
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Fading Prompts

- Fade Vocal and Physical Prompts
 - Fade the Schedule
 - Fade Dry Pant Checks
 - Fade Reinforcement
 - Fade Addition Items in the Bathroom
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Community Outings

- Fill the individual's bladder with fluid prior to leaving the house
 - Go to a place that is familiar
 - As soon as you enter the building go to the restroom
 - Provide reinforcement for voiding'
 - Running Positive Practice in the community
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Contact Information



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