

## TOILET TRAINING AND THE DS INDIVIDUAL

(AKA – WHY WON'T THEY  
JUST "GO" ALREADY?)

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## WHY DOES THIS SEEM MORE DIFFICULT THAN POTTY TRAINING OTHER CHILDREN?

- Research from the mid-80s said that most children with Ds were staying dry day and night by age 4 or 5.
- Research from the mid-90s found only 35% of kids with Ds were daytime trained by age 4
- At age 11, 1 in 3 still had accidents during the day
- Good news – Basically, kids with Ds follow a typical developmental pattern with girls potty training slightly earlier, but on a delayed timeline.

## TASK ANALYSIS – HOW DO YOU POO?

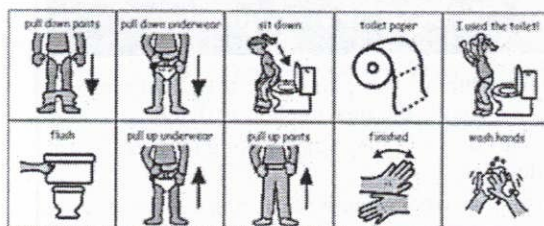
What are the steps to going to the bathroom?

Can they:

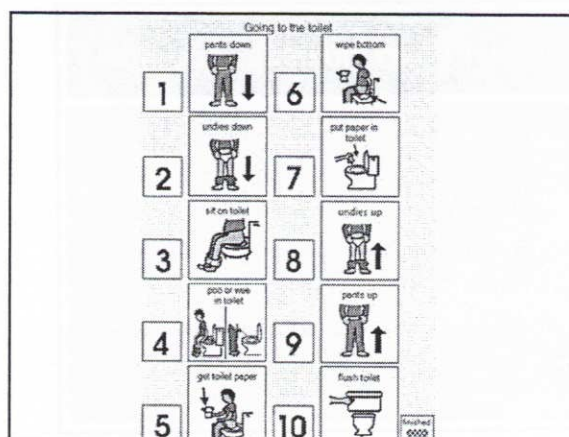
- Control bowel and bladder
- Understand what you are asking
- Enter the bathroom
- Pull up and down pants
  - Unbutton?
  - Elastic?
  - Underwear?
  - Pullup?
- Sit on toilet
  - Do they have to climb?
  - Do they have foot support?
  - Are you using toilet or potty chair?
- Use toilet paper
  - Can they get right amount of squares?
  - Can they fold or wad paper?
  - Can they reach their rear?
- Wash hands
  - Soap, dry, etc.



## Boy Potty Schedule



## Girl Potty Schedule





**ARE THEY READY?**

- Do they stay dry at night or during naps?
- Are they aware of when they need to go to the bathroom?
  - Do they give you the "look"?
- Do they have interest in personal hygiene (washing hands, brushing teeth) and self-care (dressing)
- Shows interest in others' toileting behavior

**ARE THEY READY?**

- Completely empties bladder when urinating and stays dry for at least an hour to two hours (look for a solid stream of urine as a sign that your child has some muscular control over emptying their bladder)
- Has bowel movements that follow a regular and predictable pattern
- Are they aware when they have a full diaper?
- Communicates the need to go to bathroom through facial expressions, gestures, visual aids, or words
- They do not need to show all of these signs to start.

**BE PREPARED - EMOTIONALLY**

- There will be accidents
- There will be setbacks
- There will be tears – your child maybe. For you, for sure.
- There will be messes
- You will be late to things
- You will be doing more laundry

**BE PREPARED - PHYSICALLY**

- You will need a potty, potty chair, outhouse, hole in the ground, or 5 gallon bucket
- You will need a way to stabilize their feet (stool or potty close to ground)
- You will need a primo reinforcer – We are going to bring out the big guns for this one
- You will need your energy because you will be tired

**INTENSIVE POTTY TRAINING - PLANNING**

- Find a powerful reward – Only give this during potty training. If it is a favorite reinforcer, you might deny them of it for a few days
- Every time they go in the beginning, they get the reinforcer along with excitement and joy. Then gradually reduce it.
- Keep the rewards close
- Use the bathroom for all toileting activities
- If appropriate, use a doll to model or allow them to see others
- Watch videos and read books about toileting

**INTENSIVE POTTY TRAINING**

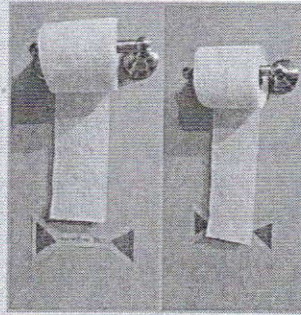
- Have a fun activity planned in the bathroom – video, songs, puzzles, desired activity
- Place child on toilet upon waking for 3-5 minutes
- Use underwear or no-wear during the day
- If the child does not void, place back on the toilet every 10 minutes until you have success
- If a child voids, BIG REWARD AND EXCITEMENT and then place back on toilet every 10 minutes



### INTENSIVE POTTY TRAINING

- If the child is staying dry, gradually increase the time between placing on toilet and being off the toilet.
- If there is an accident, reduce the amount of time between on and off stool
- Keep track of how when they go – what time and how often

### TROUBLE SHOOTING – TOILET PAPER



### TROUBLE SHOOTING – CHILD WON'T SIT

- Make sure feet are supported
- Use potty seat over toilet or use potty chair
- Make sure they know how long they will sit – Use a timer

### TROUBLE SHOOTING - FLUSHING

#### Flushing – Afraid

- Flush after child is away from toilet
- Give advanced warning
- Allow the child to flush

#### Flushing – Too Much

- Let them know when to flush
- Block access to handle
- Give them something to play with or hold

### TROUBLE SHOOTING – OTHER TOILETS

- Eventually want to have them use other toilets
- Show them other bathrooms in other locations
- Talk to them about bathrooms and where they are
- Bring familiar items that they use with you
- Bring the visual support with you

### RESOURCES FOR INFORMATION

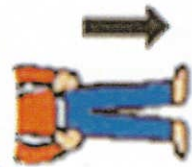
- <https://reifpsychservices.com/potty-training-down-syndrome/>
- <https://louisville.edu/education/kyautismtraining/pottytrainingwebinar.pdf>
- The Potty Boot Camp – Dr. Suzanne Riffel
- Potty Training in 3 Days – Brandi Brucks and Fredric Daum
- Potty Time – Daniel Tiger's Neighborhood – Scarlett Wing
- P is for Potty – Sesame Street – Naomi Kleinberg and Christopher Moroney
- Potty Superhero: Get Ready for Big Boy Pants (or Big Girl Pants) – Mabel Forsyth



# Going to the toilet

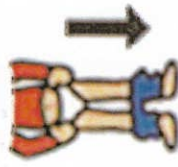
1

pants down



2

undies down



3

sit on toilet



4

poo or wee in toilet



5

get toilet paper



6

wipe bottom



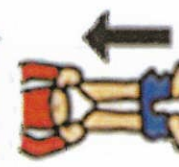
7

put paper in toilet



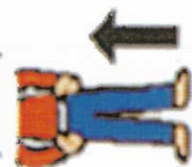
8

undies up



9

pants up



10

flush toilet



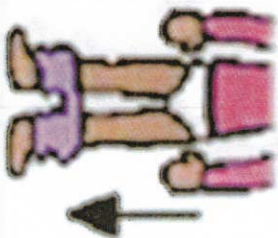
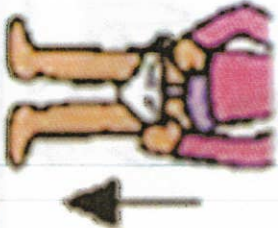




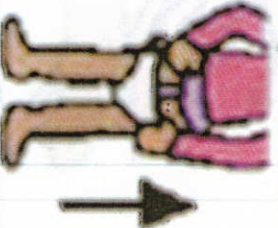
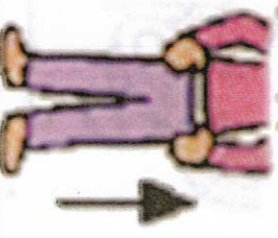


finished



pull down pants	pull down underwear	lift seat	stand facing toilet	pull up underwear
pull up pants	flush	put down seat	finished	wash hands

# Boy Potty Schedule



 <p>pull down pants</p>	 <p>pull down underwear</p>	 <p>sit down</p>	 <p>toilet paper</p>	 <p>I used the toilet</p>
 <p>flush</p>	 <p>pull up underwear</p>	 <p>pull up pants</p>	 <p>finished</p>	 <p>wash hands</p>

## Girl Potty Schedule