



**A**  
**Autism**

**Partnership**



# Prerequisites

- **Child Does Not Exhibit Significant Disruptive Behaviors**
- **Power Reinforcers Are Available**
- **In Order to Implement Independent Toilet Training Program the Child Must Be Able To Sit For Prolonged Periods of Time**
- **No Medical Conditions**



# Toilet Training: Schedule Training

1. Identify A 3 Hour Period When Program Can Be Run
2. During this Time the Child Should Not Be In Diapers
3. Place Child on the Toilet Every 90 Minutes—Use a Bell to Signal Time
4. When Child Voids Provide Lavish Reinforcement
5. If Student Does Not Void Provide Lower Level Reinforcement for Participation



## **6. When Child Has an Accident Utilize Correction Procedure**

**A. Minimal Reaction**

**B. Have the Child Help Clean**

**C. Practice Going to the Toilet**

## **7. When the Child Achieves Success (e.g., 80% For One Week)**

**A. Increase Time by 30 Minutes**

**B. Fade Instructions To Go To the Bathroom**

**C. Place On Chair Next To Toilet & Gradually Increase Distance**



# Independent Toilet Training

## PHASE 1

1. Place Child On the Toilet
2. Provide Reinforcement Every Few Minutes For Cooperation and Drinking Liquids
3. When Child Voids Provide Lavish Reinforcement

## PHASE 2

1. Place Child On Chair Next To Toilet
2. Provide Reinforcement Every Few Minutes for Cooperation and Drinking Liquids
3. When Child Voids Provide Lavish Reinforcement
4. **DO NOT PROMPT!!!**



- 5. When Child Has an Accident  
Utilize Correction Procedure  
and Repeat Previous Step**
- 6. With Every Success Move  
Further From Toilet**

## PHASE 3

1. Check Every 15 Minutes
2. When Child Goes to the Bathroom Independently, Provide Lavish Reinforcement
3. With Every Success Increase Time
4. If Accident Occurs, Follow Accident Procedure





# Night Time

1. Purchase Mower Training Pad  
(800) 214-9605
2. Determine if Bell Will Wake Your Child
3. When Bell Activates Make Sure Your Child Is Fully Awake And Assist In Voiding
4. Have Your Child Assist in Cleaning Pad Before Going Back to Sleep



# Bowel Movement Difficulties

- Reduce Possible Power Struggles (E.G., Anger, Demands, etc.)
- Identify Powerful Reinforcers Earned when child "Chooses" to Void
- Place Reinforcers in Prominent Spot so Child Can View Reinforcers
- Ask Child Once Daily How They Earn the Reinforcers
- If An Accident Occurs Follow Accident Procedure



# Diaper Rituals

- **Provide Child Diaper To Use In The Bathroom**
- **After Child Voids In Diaper Have Child Place Contents In Toilet**
- **After Child is Reliably Using Diaper in the Bathroom then Only Provide Diaper if child Sits on the Toilet**
- **Cut Opening In Diaper Until Child Is No Longer Wearing Diaper**

***“It doesn’t matter what makes you feel better or more powerful; What matters is how you can get that person to change their behavior”***

**John Wooden**

# Eating Issues

1. Limited Diet/Picky Eater
2. Eating Inedible Objects
3. "Grazing"
4. Eating Too Fast Or Too Slow



# Helpful Hints

1. Avoid Making Eating a Control Battle
2. Establish “Good” Eating Habits
3. “Try” New Foods as Soon as Possible
4. Introduce Variety ASAP
5. Avoid Using Foods as Reinforcers
6. Limit Snacks and Edible Reinforcers  
this Includes Beverages
7. Don’t Make Meal Time Aversive!
8. Don’t Hide Foods!!!



# **“Informal” Eating Programs**

- 1. Desensitization**
- 2. JUST TRY A SMALL BITE**
- 3. Non-Verbal Imitation**
- 4. Food As A “Token”**
- 5. Shape Approximations**
- 6. Modeling**



# Eating Program

1. Work On Disruptive Behaviors Before Addressing Eating
2. Establish a Time When a Highly Reinforcing Activity Occurs
3. Eliminate a Highly Preferred Food From the Child's Diet
4. Identify New Food to be Eaten: Should Be Very Similar in Taste and Texture to Highly Preferred Foods
5. Place a Small Amount of "New" Food on Plate with Highly Preferred Food

- 6. When Child Eats New Food Then He Can Eat Preferred Food & Participate In Reinforcing Activity**
- 7. If Child Does Not Eat Food, Provide Minimal Attention**
- 8. Gradually Increase The Quantity Of New Food**
- 9. Eventually Introduce Another Food**





