



Mastering Reinforcement Based Toileting: Strategies for Success

PRE-TOILETING PROCEDURE

1. We are only using diapers at this time.
2. Check the client's diaper every 30 minutes and record the data.
 - a. To check and/or change the diaper — go into the bathroom.
 - i. Use the bathroom icon by the door for the client to request to use the bathroom by exchanging the icon before transitioning. Note that the MO may not be present, continue with pairing the exchange with entering the bathroom.
 - b. Take the client to the bathroom and remove their wet diaper.
 - c. Ask the client, “Do you want to sit?” + point to the potty — make this SUPER fun.
 - i. If they appear excited/interested, try to sit them on the toilet for no more than 3 minutes. Make this extremely fun! They can play with a toy or listen to music.
 - ii. If they start to show pre-cursors to problem behaviors (whining, wiggling, frowning), remove them immediately (before the target behavior(s) begin)
 - If they start to engage in challenging behaviors before you're able to move them, you can prompt “all done”.
3. When changing, follow these steps:
 - a. If they eliminate on the toilet, provide lots of praise and allow access to the designated potty reinforcer.
 - b. Put a new diaper on them after they are done sitting and prompt them to wash their hands.
 - a. If they do not want to sit, that's okay! We just want to start pairing the bathroom/potty as a positive environment.

(CLIENT) TOILETING PROCEDURE

Treatment Plan Goal: Increase the client's self-help skills.

Objective: Decrease accidents and increase successful urinations and bowel movements on the toilet.

Materials: Highly preferred reinforcer (ex. tablet), timer, change in clothes, cleaning supplies, data sheet, toilet seat (if needed), tarp for first few days if in a clinic to make accidents easier to cleanup.

Mastery Criteria: The client will independently eliminate urine and pass bowel movements on the toilet without having more than 1 accident per week and will independently initiate a request for the bathroom for 90% of bathroom visits for three consecutive weeks

1. Change the client out of the diaper and into cotton underwear when they arrive on the first day.
 - a. After day 1, the client should always be in cotton underwear unless they are napping or going to sleep at night.
 - b. Diapers need to stay off during the day moving forward as this will only inhibit their progress.
2. Immediately prompt the client to go to the bathroom to sit on the toilet.
 - a. Prompt client to say, "Potty". Once they do, react as if they just asked to go by themselves. Ex. "Oh! You have to go potty! Thanks for asking".
 - b. Client will sit for up to three minutes.
Make the bathroom sits fun and enjoyable. You can play music while they sit, let them look at a book/toy, etc.
 - c. Client can get up if urination or bowel movement occurs before the three minutes is up.
3. Prompt the client through flushing, pulling up pants, and handwashing by using least-to-most prompting.
4. If client eliminates waste or urine in the toilet, provide access to the tablet for 10 minutes immediately. They can watch it while they wash their hands if needed.
 - a. If client does not eliminate on the toilet, proceed to step five without providing access to the reinforcer.
 - b. If client begins to have an accident but ends with a success, then still provide reinforcement and document as a success and accident.
5. Set the timer for the target interval.
 - a. See below for target interval.
 - b. Three consecutive dry intervals in a row with at least one success = move the client up to the next interval.
 - c. Two accidents in a row will move the client down to a smaller interval.

6. Record the data on the data sheet.
 - a. Time Interval
 - b. Accident or Success
 - i. Success: Client eliminates waste or urine in the toilet
 - ii. Accident: Client eliminates waste or urine anywhere besides in the toilet bowl.
 - c. Prompt to initiate bathroom use
 - d. Time, date, staff initials
7. If client does not self-initiate bathroom usage by the end of the interval, prompt the client to request for bathroom.
8. If the client has an accident prior to the end of the 30-minute interval, say, “Let’s go potty”. This statement should be immediate and walk them to the bathroom as quickly and SAFELY as possible. The goal is that they will stop the accident and finish on the toilet.
 - a. Follow steps 2 – 6 and change the client’s clothes.
 - b. Do not mention anything to the client about the accident.
9. Repeat steps 1 – 6 until the day is over
 - a. Same procedure is used at home
 - b. Parents will collect data

NOTES

- Diapers can be worn at night and/or during naps until the client begins to wake up dry consistently. They should not be worn during the day moving forward.
- At this time, do not acknowledge an accident. Immediately prompt the client to request a bathroom and sit on the toilet.
- Pair the phrase “Pee goes in the potty” while they’re sitting or on the way to the bathroom.
- Pair vocal reinforcement with the success reinforcer identified to help with future reinforcement fading.
- Reminder: 3 successful intervals (no accidents) = move up the interval. 2 consecutive accidents = move down an interval
- Allow access to preferred fluids (water) throughout the entire day.
- If the client has an accident or requests to sit on the toilet before the interval is up, reset the interval.
- Use a tarp in the client’s room for the first few days to keep the floor clean.
- Prompt the client through other bathroom activities during each visit (ex. Pulling briefs/pants up and down, washing hands, throwing paper towel away).

INTERVALS

Time Interval	Date Started	Date Mastered
15 minutes		
30 Minutes		
45 Minutes		
1 Hour		
1 Hour 15 Minutes		
1 Hour 30 Minutes		
1 Hour 45 Minutes		
2 Hours		

REINFORCEMENT FADING PROCEDURE

Start Criteria: We will begin fading the time with the reinforcer once the client has gone 3 weeks without more than 1 accident per week and is initiating bathroom visits at least 50% of the time.

Fading Criteria: Fade the duration with the reinforcer after the client has had 4 consecutive days with no more than 1 accident and has initiated at least 50% of the bathroom visits.

Duration with Reinforcer	Date Started	Date Mastered
8 minutes		
6 Minutes		
4 Minutes		
2 Minutes		
1 Minutes		
0 Minutes		

Reference:

Greer, B.D., Neidert, P.L., Dozier, C.L. (2016). A component analysis of toilet training procedures recommended for young children. *Journal of Applied Behavior Analysis*, 49 (69-84) (1)