

“Tackling Toilet Time”

Part I:

What to Consider Before and During Your Toileting Journey

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Agenda

1. Why toileting skills are important
2. What communication considerations should we think about and plan for?
3. What social considerations should we think about and plan for?
4. What environmental considerations should we think about and plan for?



Why Toileting?

- Increased independence
- Opportunities to try new things
- Decreased financial costs
- Mitigating risk (Autism Speaks, 2022)



Toileting Guide

**Toileting and
associated skills**

**When to focus on a
particular skill**

**Who can help with
various goals**

Common strategies



Communication Considerations

Communication is important in toileting:

- to indicate when you need to use the washroom
- to ask where a washroom or items needed for the washroom are
- to indicate when something is uncomfortable or wrong



Communication Considerations

- Vocal communication
- Augmentative and alternative communication system
 - A sign for toilet
 - A picture-based system
 - Speech generating device



Who Can Help?

- Speech-Language Pathologist
- Board Certified Behavior Analyst® (BCBA)



Social Considerations

- Unspoken social rules related to the use of the washroom
- Helpful to teach these to help our children know what to expect and how to respond safely



Social Considerations

Examples:

- Spacing self appropriately when using a urinal
- Lining up to use washrooms
- Knocking before entering
- Refilling the toilet paper when use the last piece
- Appropriate disposal of sanitary napkins



Who Can Help?

- Speech-Language Pathologist
- Board Certified Behavior Analyst® (BCBA)



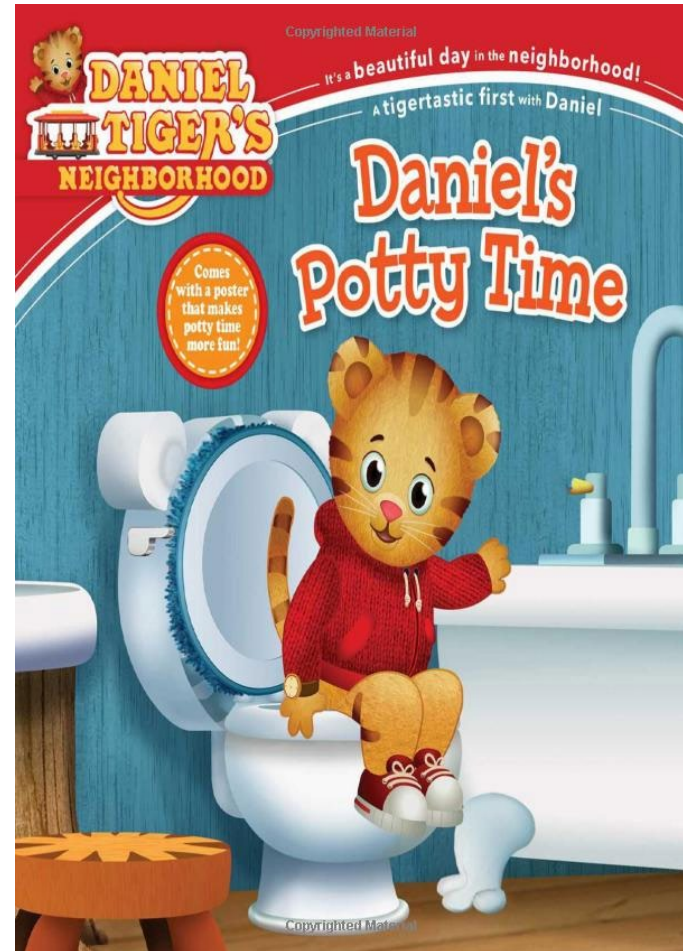
Environmental Considerations

- Show how things work
 - Help make your child comfortable:
 - Proper positioning
 - Place items in reach
 - Be mindful of sensory needs
- (AOTA, 2014)



Environmental Considerations

- Help make bathroom visits positive
 - Book? song?
- Make a plan for when using other bathrooms
 - Automatic flushing, hand dryers
 - Line-ups?



Who Can Help?

- Occupational Therapist



Take Aways

- Toileting is an important skill to teach that has many benefits
- Prior to starting toilet training individuals and their families should think about and plan for
 - Communication systems
 - Social expectations
 - Environmental expectations



Questions



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References

Autism Speaks Inc. (2022) Recognizing and preventing abuse.

<https://www.autismspeaks.org/recognizing-and-preventing-abuse>

The American Occupational Therapy Association. (2014). Establishing toileting routines for children. <https://www.aota.org/-/media/corporate/files/aboutot/consumers/youth/establishing-toileting-routines-for-children-tip-sheet.pdf>