

“Tackling Toilet Time”

Part 2:

Toileting Schedules and Self-care Routines

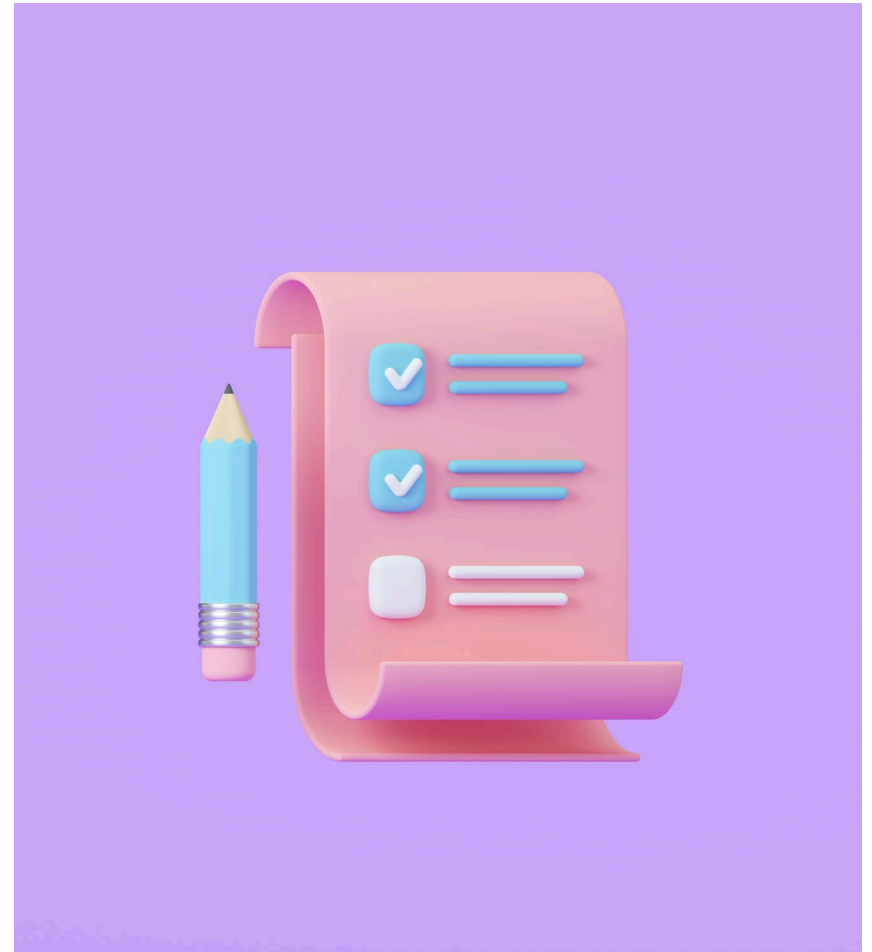


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Agenda

1. How toileting can be supported in your every day routines
2. How to support other routines related to 'self-care'



Toileting Guide

**Toileting and
associated skills**

**When to focus on a
particular skill**

**Who can help with
various goals**

Common strategies



Routines



self-initiated



schedule trained



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Scheduling Suggestions



WAKE UP



ACTIVITY



MEAL/
SNACK



LEAVING THE
HOUSE



SLEEP



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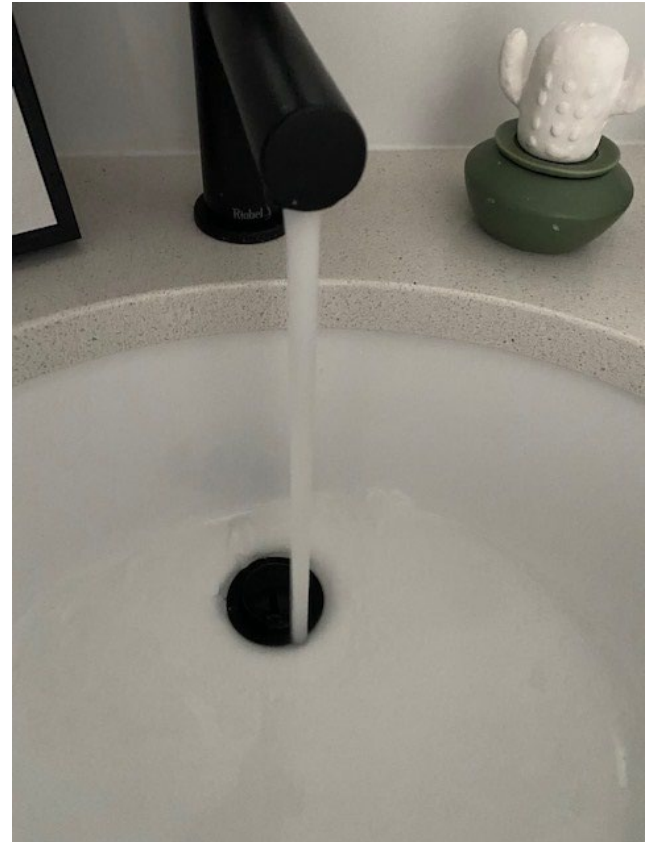
Self-Care Routines

- Getting dressed
- Getting undressed
- Wiping
- Hand washing
- Using pads or tampons



Self-Care Routines - Task Analysis

- Break the skill down into smaller steps
(Cooper, Heron, & Heward, 2019)
- Handwashing example:
 - Turn on tap
 - Wet hands
 - Put soap on hands
 - Rub hands together
 - Rinse hands
 - Turn off tap
 - Dry hands with towel



Self-Care Routines - Prompts

- Additional assistance or 'cues'
(Cooper, Heron, & Heward, 2019)

Examples of prompts:

- Lists of steps (written or in pictures)
- Pointing
- Modelling (video or live)
- Physical guidance



**Plan to lessen or fade prompts over time to encourage independence*

Self-Care Routines - Positive Reinforcement

- Acknowledging effort with something positive **after** (Cooper, Heron, & Heward, 2019)
- Examples:
 - Praise
 - Special activity they enjoy
- Keep practicing!



Additional Tips

Choices

Clothing

Handwashing

Wiping

Menstruation



Who Can Help?

When looking for support with self-care routines you may request the help of an:

- Occupational Therapist
- Board Certified Behavior Analyst® (BCBA)



Take Away

1. Until your child can recognize and communicate that they need to go to the bathroom, you can set up regular times for toileting as part of your daily routine.
2. There are other 'self-care' routines that can be part of toileting. Teaching these can further support your child in being more independent.



Questions



References

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