

“Tackling Toilet Time”

Part 3:

Daytime Toilet Training

*Bethany Brewin, Occupational Therapist, M.Sc.O.T
and Kristin Gunby, Behaviour Analyst, M.S., BCBA*



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Agenda

1. Daytime toilet training for urine (pee): when to start, who can help, what teaching strategies are out there?
2. Daytime toilet training for bowel movements (poop): when to start, who can help, what supports are out there?



Toileting Guide

**Toileting and
associated skills**

**When to focus on a
particular skill**

**Who can help with
various goals**

Common strategies



Daytime Training:

Urine: “pee”



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Readiness for Daytime Training: Urine

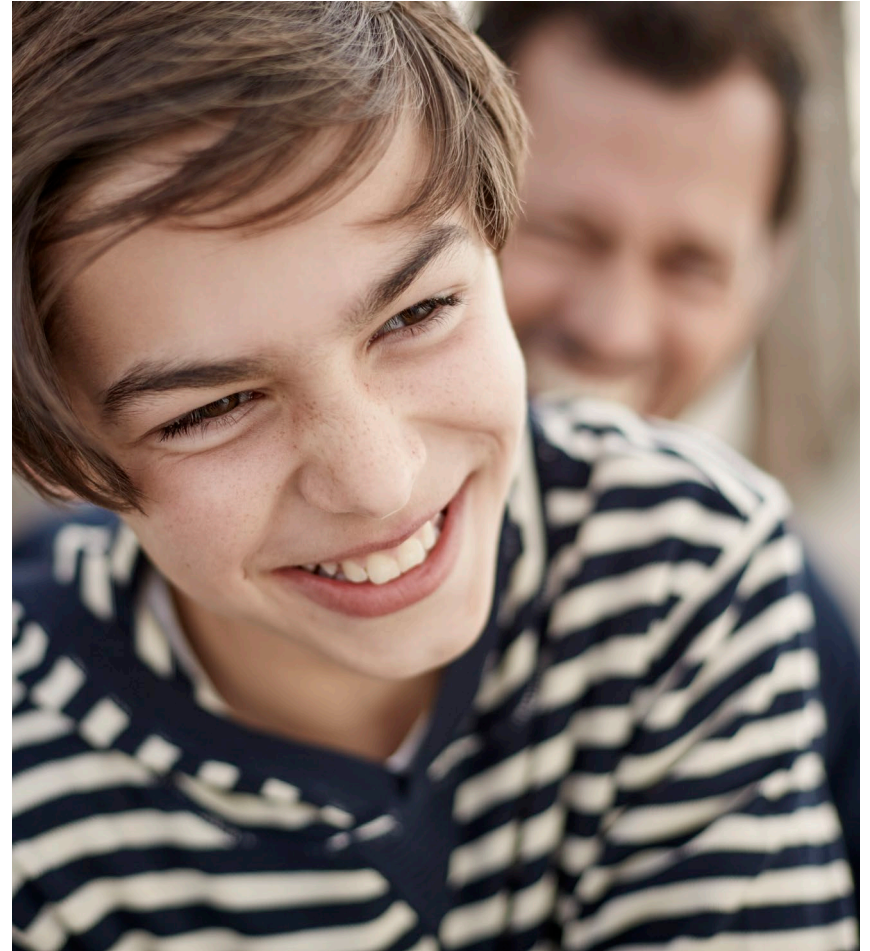
- At least 2 years old
- Show an interest or willingness to use the toilet
- Indicating when they are wet or when they need to go
- Start to have longer periods of being dry

[\(Schum et al., 2002\)](#)



Who Can Help?

- Family Doctor/ Pediatrician:
 - Speak with your family doctor or pediatrician FIRST to rule out medical reasons for daytime pee accidents
- Occupational Therapist (OT)
- Board Certified Behavior Analyst® (BCBA)



Goals

- Successful urination on the toilet
- Staying dry while off the toilet
- Self- initiating when the individual feels they need to urinate



Common Strategies

Not wearing diapers

Drinking more fluids

Teaching a way to
communicate

Scheduled bathroom
visits

Use of a task
analysis

Practice using
different washrooms

Positive
reinforcement for
success

Being prepared and
consistent after
accidents

Moisture sensing
alarm

Data collection
(e.g., toileting journal)

Increasing the time
between bathroom
visits



Sample Toileting Journal (Data Collection)

Dates	Tally number of visits to the washroom	Tally the number of times the individual self-initiated or asked for the washroom and went pee or poop	Tally number of successes (peeing on the toilet)	Tally number of successes (pooping on the toilet)	Tally number of accidents (pee or poop)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



Daytime Training:

Bowel movement: “poop”



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Daytime Toilet Training for 'Poop'

How do I decide if my
child needs additional
toilet training for
'poop'?



Daytime Toilet Training for ‘Poop’

**Daytime
“poop”
accidents:**
(fecal incontinence)

- Gastrointestinal (“GI”)
- Neuromuscular
- Behavioural
- Social emotional

What is Constipation?

- Poops less than 2 times a week
- Voluntarily holds in poop
- Poop is usually hard and lumpy
- Pooping seems to hurt
- When your child poops, it seems very large or may clog the toilet

(Rome Foundation, 2016)



How Does Constipation Affect Toileting?

**“rectal overflow” can
cause poop accidents**

(Cohn, 2011)

**constipation can lead
to toileting refusal**

(Beaudry-Bellefeuille, Lane & Lane, 2019)

Who Can Help?

- Family Doctor/ Pediatrician:
 - Speak with your family doctor or pediatrician FIRST to rule out medical reasons for daytime pee accidents
- Occupational Therapist (OT)
- Board Certified Behavior Analyst® (BCBA)
- Registered Dietician



Common Strategies

**Education re.
bowel
movements**

**Dietary and fluid
interventions**

**Behavioural
interventions**

**Medical
interventions**



Take Aways

1. There are many teaching strategies that can help your child with successful urination (pee) and bowel movement (poop) on the toilet
2. You may wish to consider an interdisciplinary approach to support your child's unique needs.



Questions



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