

Toilet training for children with ASD: in pictures

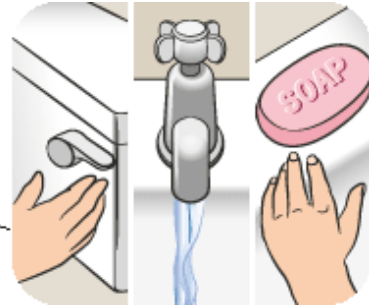
Getting started



Have a look at our general Parenting in Pictures guide to toilet training for useful tips.

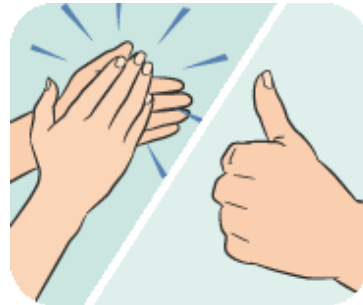


Think of toilet training as a series of small goals. Start by getting your child familiar with the toilet, what it's for and how to use it.



Keep in mind that going to the toilet is a complex task. It helps to break down skills into small parts, then teach them step by step.

Useful strategies



As your child learns each step of using the toilet, encourage him with rewards. Try different rewards and use the ones your child likes best.



A Social Story™ or visual schedule can reinforce the toileting routine. Stick the schedule on a wall near the toilet. Download and print our toileting visual aid.



Go over the schedule or social story with your child 2-3 times a day. Share these aids with anyone who does toileting with your child, such as teachers.

Tips for toileting challenges



Consider skipping the potty stage if your child has difficulty with change. Going straight to using the toilet limits the number of changes during toilet training.



If your child is upset by the sensory aspects of going to the toilet, try to control his sensory experience. Explain that there will be a noisy flushing sound and say why.



There might be extra challenges when toilet training your child with ASD – continually flushing the toilet, stuffing it with paper, or refusing to poo. The people working with your child might be able to help.