**Tips for teaching potty training in a school setting.**

**STEP 1 trip training: Goal is to be dry 90-100% of the time for 2 weeks**

* Identify a potent motivation for being successful on the toilet.
* Child is wearing underwear with plastic underpants.
* If boys sit to pee, then there is a chance for them to be successful with poo too.
* Calculate the average number of minutes the child can stay dry over a 5-7-day period

Check diaper every 30 min to see if wet or dry and record

Divide the number hours recorded divided by the number of wet diapers.

For example, 3 wet diapers in 6 hours means can stay dry for 2 hours

Schedule them to go to the bathroom for the calculated length of time they stay dry

* Take child to toilet on a schedule with a goal to be clean/dry for 90 n-100% for about a 2-week period.
* Ensure that child is drinking continually through out the day
  + Have them sit on the toilet for up to 5-10 minutes at a time until they pee.
    - A mild reinforcer can be used such as favorite toy, books, cars, etc.
    - If they don’t go within 5-10 min allow them to walk around, he bathroom for a few minutes and then try again.
    - If they don’t go after the second trust your math and try again
    - If they start to go while walking around the bathroom put them on the toilet
  + Do not be cohesive. Ie “when you pee in the toilet you get …”
  + Always lead child to the toilet from behind and stay behind or out of the room while they are peeing
  + Save verbal praise till after all the pee is finished. Getting excited during the flow can stop the flow
  + If they need help to be wiped, do it hand over hand and stay behind the child as much as possible.
  + If the child shows signals of needing to go in between scheduled toileting then say something like “It your grabbing yourself, you need to go pee” and lead them to the toilet from behind.
    - * Don’t aske them if they need to go. Tell them.
  + Give them a reward when they are successful and do your happy dance.
  + If child wets or soils self help the child change in a “matter of fact” way. Do not scold, do not reassure, do not review what should have happened, do not joke or make it a time of play. Just keep it simple; “oh your wet let’s clean it up”
* If child stays dry/clean 90 – 100% of the time ready for step 2:

**Step 2 Goal is for student to go when they need to go without being told.**

* + Self Initiation may start to happen on its own or you notice when they need to go and you say “Oh you need to pee” and guide them to the toilet from behind.
    - Don’t ask them tell them.
  + If they go on their own give them a big celebration and rewards
  + If they don’t start showing initiation slowly start extending the interval between toilet trips.
    - For example, if you are taking them every 2 hours now take every 2h add 5, 10 or 15 min and watch for signals. If there is a signal take them
  + If you have extended the time by 15 min then continue to trip train at the extended time for a week always watching for signals.
  + Then if they continue to be dry without initiating going increase the time again by 5 – 15 min and watching for signals, and self-initiation
  + There may be a little bit of wet pants but keep persevering.
  + Continue to reward when successful, extra excitement when they initiate on their own.
  + Once they are starting to self-initiate make a big celebration and go out to purchase “big boy or big girl pants and get rid of plastic pants.

**For Training for Poop**

* + Ensure that there is not medical reason for the difficulty
  + Ensure child is drinking regularly
  + Monitor child through 2 weeks and record when they have a poop.
  + Once their pattern is established have them sit on the toilet at those times.
  + Allow them to have extended time on the toilet at these times.
  + If there is an accident just change pants don’t scold or talk through what to do or make light of the incident. Just have them change.
  + When they are successful in the toilet give them verbal praise and reward as agreed.

**REWARDS:**

* + Make sure reward is potent enough. Change reward as needed.
  + Fade out rewards over time.
  + If they lose the training, then likely the rewards were taken away too quickly. Need to start again
  + Be very excited about any success.