

 **Individualized Teaching**  
F.O.C.U.S.

Fostering  
Our  
Children's  
Unique  
Selves




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Answers the questions:

When?

Why?  How long?

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**POTTY TRAINING**


**Objective?**

- \*Skills Targeted?
- \*Why is potty training so difficult?
- \*Areas to consider?
- \*Steps to potty training?
- \*Check list?
- \*Questions?



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**POTTY TRAINING**

**GOAL:** Develop and implement a successful individualized potty training program to help the child achieve independence in the area of potty training.


Skill targeted: Potty training



Tools: Individualization of skills

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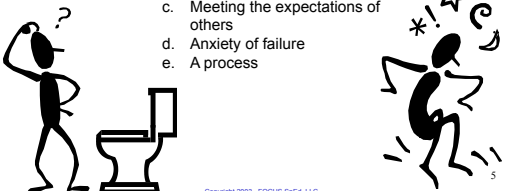
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**1. Why is potty training so hard?**


Potty Training is:

- a. A learned behavior
- b. A challenging milestone
- c. Meeting the expectations of others
- d. Anxiety of failure
- e. A process




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**2. Areas to consider**

- a. My child is already trained
- b. Who is responsible for potty training?
- c. Am I ready to assist in potty training?
- d. Is my child ready to potty train?
- e. What is my role?
- f. Commitment



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### 3. Steps to potty training

- Target day
- List your child's favorite motivators
- Make pampers a thing of the past
- Pick a theme
- Celebrate the night before
- Underwear
- Decorate bathroom/door
- Foot prints
- Commode
- Behavior Strip
- Basket
- Reward
- Social Story
- First/then

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*Alex*  
*November 27<sup>th</sup>*

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
	FRI	SAT	SUN	MON	TUE	WED	THUR	
Time	Partial	Total	Partial	Total	Partial	Total	Partial	Total
1								
2								
3								
4								
5								
6								

*In Progress*

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### List your child's favorite motivators

Look for things that appeal to your child's senses

- Visual
- Olfactory
- Gustatory
- Tactile
- auditory



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### Make pampers a thing of the past



- \* Use regular white underwear for boys
- \* Use nylon panties for girls
- \* Communicate with your school
- \* Use pull-ups only at night.

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### Pick a Theme Birthday Party!

- \*This will give the child a valid reason for potty training.
- \*Decrease his/her anxiety.
- \*Make it fun for both parent and child.
- \*Make it relevant.



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### Celebrate the night before

- \*Let your child know what a special day is ahead
- \*Awake your child's expectations
- \*Create excitement
- \*Give your child something to look forward to
- \*Decrease anxiety.



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**Underwear**

1. Use regular white underwear for boys
2. Use nylon panties for girls
3. Decorate the underwear

underwear



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**Decorate bathroom/door**



This will give the child a reason to use the bathroom, and it will also create a pleasant environment.


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**Foot prints**



Foot prints are used to indicate position, and encourage comfort


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**Commode**



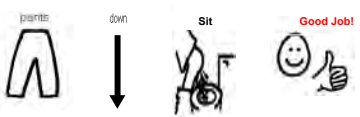
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**Behavior Strip**



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**Place a basket next to the commode. This basket should contain:**



Surprises

Toys

music

Books

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**Rewards:**

A reward is important in order to motivate the child to display the desired behavior.

Rewards should be:

- \*Intrinsic 
- \*Extrinsic 



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**Social Stories**

A social story is an important tool to shape behavior, and it is a very important part of the potty training program.

Points to remember:

- \*Consider your child's likes/dislikes
- \*Choose a strong reinforcement
- \*Make your social story relevant
- \*Clearly define expected behavior
- \*Carefully sequence target behavior
- \*Make it fun and simple.



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- Picture- picture of Alex  
-My name is **Alex** and I am 3 years old.
- Picture-picture of commode.  
-This is my **potty**, where I **pee pee, or poo poo**.
- Picture -picture of Alex pulling down his pants.  
-**First**, I pull **down** my pants.
- Picture of Alex sitting on the potty.  
-**Next**, I **pee pee, or poo poo** in the **potty only**
- Picture of Alex flushing the toilet.  
-**Then**, I **flush** the potty
- Picture of Alex pulling pants up.  
-When I **finish**, I pull my **pants up**.
- Picture of Alex washing his hands.  
-I **wash** my hands.
- Picture of Alex drying his hands.  
-I **dry** my hands with the **towel**.
- Picture of reward.  
-**First**, I **pee pee** in the **potty/ Then** I get **M&M**.
- Picture of parents and Alex.  
-I go **pee pee/poo poo** in the **potty**  
I am a big boy. **Mommy** and **daddy** are **proud** of me.



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**First/then chart**

First	Then
	

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**4. Miscellaneous:**

- Schedule
- Visual cue
- Verbalizing
- Change your language
- Night training
- Bowel movements
- Wiping
- Generalization
- Enlist the help of others
- Celebrate each success
- Be consistent
- Have fun!




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**5. Questions?**



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