

# Toilet Training Children with Fragile X

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# My Experience

- B.S. in Special & Elementary Education
  - Student taught w/ children w/ multiple challenges
- Teaching children w/ multiple challenges
- Consulting w/ families of children w/ special needs
- M.S.Ed in Educational Psychology
  - Masters Thesis – Toilet Training Children in an Early Childhood Special Education Program
- Speaking at Conferences & Parent Groups
- C.A.S. Administration & Supervision

# Relevant Factors for Fragile-X

- Delays in onset of readiness are typical
- Structure and predictability
- Visual cues for transitions
- Diet is important
- Food is usually a good R+
- Fear/anxiety and impulsivity issues
- Remain calm, may need to be indirect
- Trust building activities are key

# Sensory Issues for Fragile-X

- Desensitize to sitting on toilet
- Use adapted potty / toilet seat cushion
- Reduce noise
- Avoid overcrowding
- May need freedom to move a lot
- Natural lights

# Task Analysis

- Recognizes internal cue
- Refrains from voiding off toilet
- Moves to or signal need for toilet
- Pulls away garments & sits
- Voids on toilet
- Shields overflow
- Wipes self
- Replaces/adjusts garments
- Flushes, washes hands, & leaves washroom

# Critical Points

- Toilet Training is a Complex Process!
- **If your child begins to have constipation or withhold bowel movements, discontinue toilet training and consult your doctor.**
- It's better coming out than staying in!

# Readiness

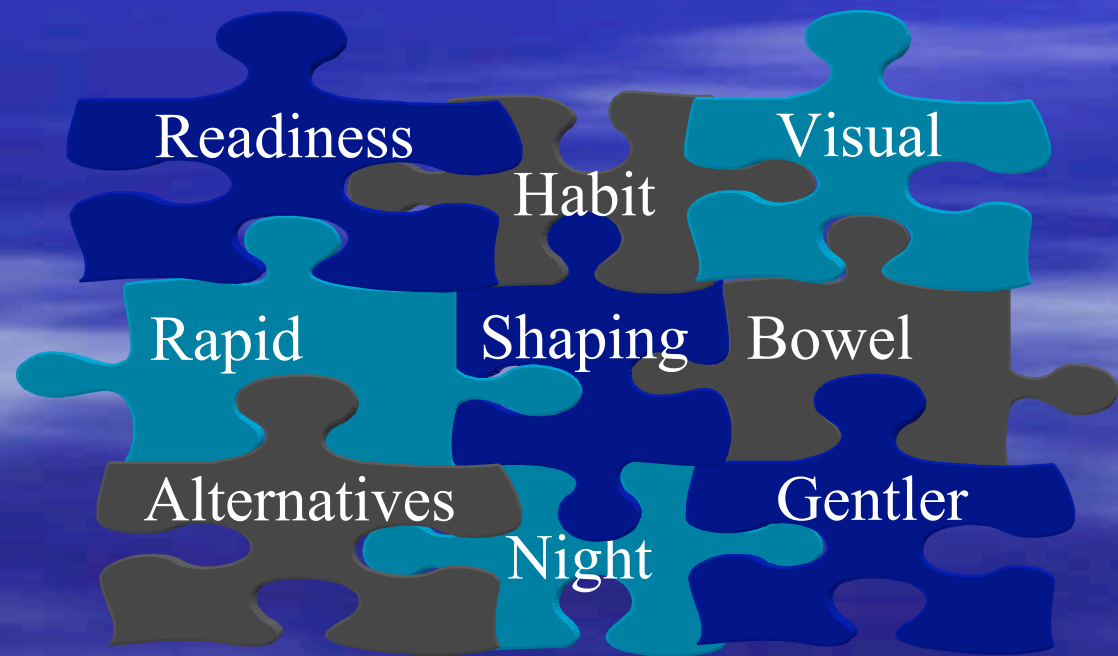
- Hides, squats, grimaces, grunts **before** bowel movement
- Regular predictable bowel movements
- Stays dry 1-2 hours, voids a lot at once
- Wakes up dry
- Anticipatory signal before urinating
- Begins to void on toilet if caught at right time

# Other Signs of Readiness

- Awareness of wet or soiled condition
- Watches others w/ interest, tries to imitate
- Sits on toilet/potty without complaint
- Anticipates elimination
- Dressing skills
- Responds to situational cues
- Wants to be independent

# The Best Approach

- Dependent on the needs of your child
- Dependent on your lifestyle and resources



# Options

- Readiness Training
- Habit Training
- Visual Toilet Training
- Rapid Toilet Training
- Shaping
- Special consideration for Bowel Training
- A gentler approach

# Graduated Guidance

- Use **least** assistance at each moment
- Counteract resistance to balance
- Do not give up or interrupt
- Reward completion

# Prompt Fading

•Start w/ verbal, gesture, and physical

First fade out physical, then fade out verbal, finally fade out gesture

By gradually fading prompts, child starts to pay attention to other relevant cues

	Prompt	Ex. Approach Toilet	Ex. Lower Pants
1	Verbal Gesture Touch	“Child, go to the toilet Use whole body point to toilet Guide toward toilet	“Child, pants down” Shadow pants down Guide child’s hands
2	Verbal Gesture Touch	“Child, go to the toilet Use whole body point to toilet No physical guidance	“Pants down” Shadow pants down Guide child’s hands to waistband
3	Verbal Gesture Touch	“Child, toilet” Use whole body point to toilet	“Pant down” Shadow pants down Guide child’s hands to waist
4	Verbal Gesture	“Toilet” Use whole body point to toilet	“Down” Shadow pants down
5	Gesture only	Point to toilet w/ arm & head	Point to waist band
6	Gesture only	Point to toilet w/ head	As part of approach toilet procedure
7	Gesture only	Point to toilet w/ eyes	As part of approach toilet procedure

# Readiness Training

- Desensitize to sitting on toilet 5-10 minutes
  - Adapt Toilet, find calmers, set up routine
- Practice Graduated Guidance – if resistant
  - Use for putting away toys & dressing skills
  - Give instruction once, constantly minimize assistance, don't give up, reward completion
  - For dressing skills, work from behind
- Set up situational cues – wait expectantly
  - E.g. Meals, Going somewhere – Fade prompts

# Readiness Training Continued

- Set up unclothed trial – be alert, only once
- Use books & videos – see bibliography
- Sensitize to wet and messy
- Model toileting behavior – men sit
- Acknowledge & celebrate eliminations
- Catch child doing things well – celebrate
- Balance choices, requests, & directives

# Attitude about Toilet Training

- Be calm, patient, but matter of fact
- Try to wait for interest
- Praise success, understand accidents
  - Accidents are a normal part of learning
- **Do not punish, shame, or scold**
  - It's better coming out than staying in!
- Give clear message of confidence
- Anticipate gradual, uneven success
  - Regressions may occur with major changes
- Be prepared, consider what if's, wait till ready!

# Habit Training

- Start with 9 days of baseline
  - Chart voiding every \_ hour
  - Keep track of fluids, foods, exercise, sleep
- Set up regular schedule 10 minutes before usual times for up to 10 minutes
  - Make toileting pleasant, interesting, relaxing
  - Reward success, but calmly
  - If no success, try again in another 10 minutes
  - Be calm about accidents
- Adjust toileting times to precede eliminations

# Visual Toilet Training

(Boheme, 1999)

- Take baseline and set up schedule as in Habit Training Program
- Use toilet training ring (a sequence of pictures) to review steps for toileting 3 times per day (morning, afternoon, evening) and use the ring during toileting.
- Take 15-30 minutes after child eats and when exhibiting signs of needing to use toilet.
- Adjust schedule and eventually fade to regular schedule (adding 15 minutes between toileting times).
- Goal: awake, arrive, before & after lunch, departure, arrive home, after dinner, before bed.

# Visual Toilet Training continued

(Boheme, 1999)

- After 2 weeks without decreasing accidents, take child every 30-45 minutes.
- For urination, have child sit 1-3 minutes
- For bowel movements, have child sit 10-20 minutes
- For wiping, used tape to help child measure off 18 inches, use tab system for wiping 3-4 times or teach visual looking until clean wipe.
- Reward with edible, bubbles, or favorite toy for dry and uses toilet.
- Praise for being dry.

# Visual Toilet Training continued

(Boheme, 1999)

- Use clean-up procedure for accidents but never scold. Do not have child sit in wet clothing.
- If child becomes constipated, stop toilet training & consult doctor before resuming.

# Rapid Toilet Training Method

Originally developed by Azrin & Foxx

- Plan for about 2 weeks of initial training
  - Training occurs throughout child's waking day
  - Line up supports so adult can give undivided attention
- Key components
  - Initially prompt child to toilet every 15 minutes
  - Reward success on the toilet
  - Reward remaining dry off toilet
  - Use practice & clean-up for accidents
  - Start distraction free in washroom
  - After unprompted success, systematically fade in distractions & distance, and activities, fade out R+

# Rapid Toilet Training Method

Originally developed by Azrin & Foxx

- Preparation –
  - Set up washroom w/
    - Adaptations to toilet/potty from Readiness Training
    - Change of clothes, 8 regular underpants too big
    - Minimize distractions, use relevant books, visuals
    - Favorite drinks, treats, meals in portions
    - Airtight containers for soiled clothes & trash
    - Clock & Doll-That-Wets Optional
  - Practice procedures before using with child
  - Switch to underpants only when set to engage

# Rapid Toilet Training Method

Originally developed by Azrin & Foxx

- Stage 1: Voiding in Toilet
  - Prompt to toilet every 15 minutes, stay up to 10
- Stage 2: Staying Dry Off Toilet
  - Prompt every 30 minutes, reward dry every 5
  - Fade out prompts
- Stage 3: Initiation Training
  - Fade out reinforcers
  - Fade in distractions & distance from toilet
- Stage 4: Maintenance
  - Check only before reinforcing events, continue accident procedures, be sure generalized to other settings

# Stage 1 & 2: Use Toilet, Stay Dry

Originally developed by Azrin & Foxx

- The first two stages are done within the washroom
  - However, for children or adults who feel too confined in small space, use potty/commode in an area with a floor and few distractions
- Make sure all distractions are at a minimum for child & adult.
  - Limited distractions to keep child's interest
  - Try to set up 2 hour intervals for adults

# Stage 1: Voiding in Toilet

Originally developed by Azrin & Foxx

- Prompt to toilet at every quarter hour. Child
  - Touches or hands picture of toilet to adult (optional)
  - Walks to toilet, pulls away garments & sits
  - If child voids, give calm praise & quick desired treat at completion, flush & wash hands (if R+)
  - If does not void, no response, child readjusts garments & returns to area by toilet

# Stage 1: Voiding in Toilet

Originally developed by Azrin & Foxx

- When off toilet – Check pants every 1-3 minutes – praise & give 1/8th of meal if clean & dry
- If child begins to void off toilet
  - Quiet startle – “Johnny, wet pants!”
  - Quickly direct to toilet, & say, “that’s where you go ...” Then practice this 5-10 times.
  - Guide child to clean up area & change clothes
- When use toilet 3-5 times, move to Stage 2

# Stage 2: Remaining Clean & Dry

Originally developed by Azrin & Foxx

- Same procedures as Stage 1, Except:
- Prompt to the toilet every 30 minutes
- Dry pants check every 5 minutes when off toilet. R+ with 1/16 of meal
- Wet/Soiled pants practice as in Stage 1
- Remember to fade prompts!
- When child uses toilet w/o prompts, move to Stage 3

# Stage 3: Initiation

Originally developed by Azrin & Foxx

- Do not prompt child to toilet unless fails the Rule of 3 (3 accidents in a row, no success).
- After 1<sup>st</sup> unprompted success, keep same.
- Then after each successful elimination
  - Increase distracters or distance
  - Increase time between pants check
  - Gradually fade out treats, then praise
- If fails Rule of 3, then go back to success, and the go only a half step.

# Example of Stage 3

Init	Reinforce	Next activity	Inspect	_ step if Rof3
1	Treat & P	Keep as St.2	5 mins	Back to St.2
2	Treat & P	Hallway	10	1>Door way
3	Praise	Bedroom	15	2>Down hall
4	Treat & P	1 <sup>st</sup> floor Bth	20	3>Limit distr
5	Praise	LR w/ no TV	30	4>Limit distr
6	Praise	LR w/ TV	45	5>Boring TV
...				

# Stage 3: Initiation

Originally developed by Azrin & Foxx

- For wet pants, combine practice across settings.
- If you must stop before the end of the day
  - Leave underwear on
  - Check pants when you can & encourage to use the potty
  - Use the usual procedures for accidents
- When initiates from all areas go to Stage 4

# Stage 4: Maintenance

Originally developed by Azrin & Foxx

- No longer need to stay close
- Check pants before meals, departures, special events, and bedtime
- Usual procedure for accidents (except eliminate wet pants awareness)
- After one week of dry, discontinue pants checks, but still use positive comments
- Re-introduce using toilets elsewhere

# Shaping Procedure for Bowel Movements

- Each of the following steps can take a week or more. Change only when the child is comfortable. You may need to add additional steps in between the steps listed if the child becomes resistant. Don't rush this process!
- 1. Take an interest when your child signals the start of a bowel movement (ex. going off to hide) and give your child a diaper and approval to use it.
- 2. When signal is displayed, take your child to the washroom and give your child a diaper. "We poop in here."
- [At other times, desensitize to sitting on the toilet using relaxation and gradually increasing time to 10 minutes. Relaxation includes deep breathing, slow rhythm music, lotion, stroking back and arms. May need to introduce doll sitting on toilet or child sitting on toilet picture. If child has great anxiety about sitting on toilet, consult psychologist.]

# Shaping Procedure for Bowel Movements

- 3. When signal is displayed, take your child to the washroom, give diaper, and have child sit on toilet with diaper on.
- 4. When signal is displayed, take your child to the washroom, give diaper with tabs open or cut off ahead of time, and have child sit on toilet with diaper on.
- 5. When signal is displayed, take your child to the washroom, give smaller diaper with tabs cut, and have child sit on toilet with diaper on.
- 6. When signal is displayed, take your child to the washroom, give very small diaper without tabs, and have child sit on toilet with diaper on.
- 7. When signal is displayed, take your child to the washroom, give large wad of tissue/toilet paper, and have child sit on toilet.
- 8. When signal is displayed, take your child to the washroom, give smaller wad of toilet paper, and have child sit on toilet.
- 9. When signal is displayed, take your child to the washroom, give tissue for wiping, and have child sit on toilet.
- 10. Teach your child to recover an appropriate amount of toilet paper (try visual tape cue).

# Some Procedures for Bowel Movement Continence

See Schaefer, C. E. 1997, Toilet Training without Tears

- **The following procedure should be done in coordination with a doctor for children over 5 years of age for daytime encopresis.**
- First, have doctor examine child for organic problems such as neurogenic megacolon (which interferes with muscles moving feces), and anatomic megacolon (an obstruction in the bowels). These problems must be corrected surgically.

# Directive Training

See Schaefer, C. E. 1997, *Toilet Training without Tears*

- Look for signs preceding defecation
- Establish routine for sitting on potty 5 minutes at 2 hour intervals but every half hour around times he usually defecates
- Watch for signs of constipation – doctor may suggest stool softener, laxative, or enema
- During training weeks stay close, look for cues & take when cue is displayed.
- Reward success immediately and have child practice, help clean up, & change clothes if there is an accident

# Habit Training

(usually takes between 15-20 weeks)

See Schaefer, C. E. 1997, Toilet Training without Tears

- Take child to washroom upon waking
  - If less than    cup of feces, give glycerin suppository.
  - Then eat breakfast and use the toilet again
  - If does not eliminate, give enema. May need 2<sup>nd</sup> enema.
- During the day examine pants every hour and reward clean, dry pants.
- Once a week, forgo suppositories and enemas.
  - If child eliminates, go another day without suppositories and enemas.
  - If child does not eliminate, follow procedure above for another week.
- Once your child can go for 2 weeks without suppositories and enemas, discontinue program

# A Gentler Approach

Toilet Teaching by Cole, J. (1993)

1. Introduce the idea-positive.
2. Give advance notice - a few days.
3. Give another reminder - a day or two.
4. Call off procedure - No!, out of sorts, or unexpected.
5. When the big day comes - 12prs. w/ child.
6. At home remove the diaper - now put...in potty.
7. Lead him to the potty once - praise mildly.
8. Remind him once again - no diapers.
9. Now wait for accidents - good for learning.
10. Be relaxed about accidents - reassure child.
11. After an accident - use potty.
12. Don't flush - until child is away.
13. At naptime and at night - diapers.
14. From now on - diapers only if no progress, wait 1-2 months.

# Summary

- Toilet Training is a Complex Process
- It's better coming out than staying in!
- Never use punishment or shaming.
- Prepare before beginning training.

# Options

- Readiness Training
- Habit Training
- Visual Toilet Training
- Rapid Toilet Training
- Shaping
- Special consideration for Bowel Training
- Other gentler approaches

# Books for Children

- Brooks, J. No More Diapers. New York: Dell, 1971. Old but standard toilet training book. One section is for girls and one for boys.
- Casely, J. Annie's Potty. New York: Greenwillow Books, 1990. Book about girl overcoming resistance to toilet training.
- Cole, J. Your New Potty. New York: Morrow Junior Books, 1989. Excellent real picture book about girl and a boy learning to use the potty.
- Frankle, A. Once Upon a Potty. Hauppauge, NY: Barron's Educational Series, 1980. An otherwise good book about a child learning to use a big cup as a potty. \*Excellent video based on this book is available in a version for girls and for boys.
- \*Lansky, V. Koko Bear's New Potty. New York: Bantam Books, 1986. Excellent book about a bear learning to use the potty. Great illustrations.
- Mack, A. Toilet Learning. Boston: Little, Brown and Company, 1978. Yet to be reviewed.
- Reiner, A. The Potty Chronicles. New York: Magination Press, 1991. Frightening book about everything scary about the toilet.
- \*Rogers, F. Going to the Potty. New York: G. P. Putnam's Sons, 1986. Great book by Mr. Rogers.
- Ross, T. I Want My Potty. New York: Kane/Miller, 1986. Silly book about princess who is demanding. a

# Books for Families/Trainers

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- Cole, J. Toilet Teaching. New York: Ballantine Books, 1983.
- Foxx, R. & Azrin, N. Toilet Training the Retarded. Champaign, IL: Research Press, 1973.
- Lansky, V. Toilet Training. New York: Bantam Books, 1984.
- \*Schaefer, C. & DiGeronimo, T. Toilet Training Without Tears. New York: New American Library, 1989.

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