



BELGRADE BEHAVIOR  
CONSULTING, LLC

## **BASIC TOILETING PROCEDURE**

- 1. Condition the toilet/bathroom as a positive. Place a treat in a small Dixie cup on the closed lid of the toilet (or some other small prize) at random times of the week. Do this approximately 5X/week. If your child does not go into the bathroom to find the surprise, hint at it, saying “What did I see on the toilet? I wonder what that is? Go see what’s there!”**
- 2. Follow the “Break the Spell” procedure if your child has never voided on the toilet.**
- 3. Start out by prompting your child to use the toilet when his/her bladder is likely to be full. Never direct your child to sit on the toilet right after he/she has voided. Never prompt your child to go to the toilet while he/she is enjoying an activity, such as TV, computer, or playtime.**
- 4. Once your child has demonstrated the skill of voiding on the toilet, FADE THE PROMPTS! You want your child to respond to his/her own body urges, not external cues. Otherwise, your child is at the mercy of someone or something else to tell him to go. That can actually prevent self-initiating and independence.**
- 5. Once your child is in underpants and has self-initiated, the rule is he/she has to be DRY to enjoy anything. Check him/her for dry pants before giving computer, movies, food, toys, fun, everything.**
- 6. If he/she is dry, say “Great! You are DRY!” Tickle, kiss, make a big deal, give the item he/she wanted. Say, “You are dry, so you can have...”**
- 7. If you find your child is wet/soiled, say abruptly, “No! You are WET (or poopy—use whatever word you use)! You can’t have (name the item). You have a lot of work to do.”**
- 8. Hand over hand, perform a long clean up process with your child. If there is BM involved, clean it up yourself first, but then have the child do it over him/herself so that it is hygienic, but he/she is still responsible for the work.**
- 9. When he/she eliminates in the toilet, give access to fun toys, or fun activities for about 5-10 minutes. Rotate items so it stays interesting and fun.**
- 10. After an accident, the child must stay dry for about ½ hour before watching movies. BE CONSISTENT!**