

Toilet Training Program

1. Establish Baseline Information
 Have parents and caregivers keep written records of bowel habits.
 - Amount (large, moderate, small)
 - Frequency (number per day)
 - Time of bowel movements
 - Bowel movement on toilet or not

2. Have child sit on toilet at least three times daily for 10 minutes each for bowel movement.
 - In the morning when they wake up, usually for urination.
 - 15-30 min. after breakfast for bowel movement
 - 15-30 min. after lunch for bowel movement
 - 15-30 min. after dinner for bowel movement
 - For urination, this would be based on the baseline
 (Time should be adjusted as baseline is established.)

3. No expectation for bowel movement, but verbal or physical praise if child has a bowl movement while on the toilet.

4. Don't allow child to flush the toilet until he is excited to do so.

5. Keep written record of time, number and consistency daily.

6. Be matter of fact if accident happens. No punishment for soiling in pants, jut clean child up and encourage them to sit on the toilet for 10 minutes after accident.

Example of Chart:

Week of 11-1 to 11-7

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Urination (toilet) 8 am						
Bowel (toilet) 10:30 am						
Urination (diaper) 2 pm						
Urination (toilet) 5:45 pm						
Urination and bowel (diaper) 8 pm						