

Things to Prepare for Toilet Training

For School:

1. 10-12 pairs of pants (jeans or khakis are preferred), shirts, underwear, and socks
2. 1-2 pairs of extra shoes (can be Crocs, flip flops, sandals-something old or washable is preferred)
3. Plastic trash bags (if you have some available)
4. Drinks your child prefers (juice boxes, water, etc.) and preferred cup for drinking
5. Reinforcers

At Home:

1. Determine the place your child will remain during times of drinking (arrange/rearrange furniture to help control the area)
2. Prepare the bathroom and areas where your child will be by protecting furniture and or carpeting with sheets, towels, drop clothes, etc.
3. Determine which bathroom you will use (this should be the most accessible or familiar bathroom to the child if possible)
4. Gather reinforcers and place in a visible yet inaccessible place in the bathroom (ie. Put the items in a clear storage container with a snap on lid-set designated bathroom reinforcers aside the night before implementing the protocol)
5. Plan and prepare meals ahead of time if possible
6. Establish a schedule of who will be implementing the procedure and who will be recording the data
7. Get a timer (if you don't have one but will be using your kitchen area use the timer on your microwave or oven, but you will need a watch or timer for in the bathroom)
8. **Mentally prepare yourself!!** This will be challenging for you and your child both physically and emotionally. Remind yourself there is hope for drastic changes in a short period of time and you will be giving your child an unbelievable gift that they will have forever and that will improve their quality of life and your family life tremendously.

Both YOU and YOUR CHILD CAN DO THIS!!