



# Children's Treatment Network

*Building Brighter Futures Together*

## Stories and Visuals to Support Toilet Training

Toilet training involves helping a child understand routines (e.g. steps, flushing, etc.) and purpose. Social stories and visuals can be used to support the child through the toileting process.

**Stories** can help talk through what will happen from the start to finish of an activity. These stories can be found in the library or bookstore.

- Sesame Street: P is for Potty! Lena Cooper, Naomi Kleinberg
- Once Upon a Potty - Alona Frankel - boy & girl versions available
- Everyone Poops—Tarō Gomi
- Potty - Leslie Patricelli

**Apps** are also a tool that you can use to support toileting as they include fun songs, stories and pictures and help with toileting schedules. Check out these apps:

- Perfect Potty
- PottiTrain
- Potty Time with Elmo
- Dino Bath & Dress UP
- Daniel Tiger's Stop and Go Potty

**Toileting Websites** also offer a variety of strategies and suggestions. Some have a cost involved:

- <https://www.sandbox-learning.com/> - downloadable toileting social story that can be customized with the child's name and printed in either colour or line drawings for the child to colour in.
- <https://www.andnextcomesl.com/> - practical resources for families of children with developmental issues. In the resources section, select "Autism Potty Training Tips and Resources" for a variety of links to social stories, visuals and behaviour charts. Links provided can be used for other issues than just ASD.
- [Autismeducators.com](http://Autismeducators.com) - has a social story and a reward chart with visuals that can be purchased separately or in a bundle, appropriate for children with and without autism.

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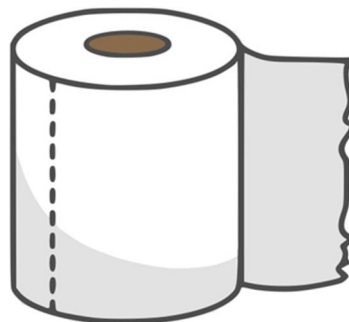
**Videos** can be really helpful too! Here are some to look for on Youtube:

- Most Effective Potty Training Video - Toilet Training for Toddler Social Story
- Daniel Tiger - Potty Training
- Potty Training Kids - Potty Monkey Learns to Potty
- Toilet Time is Fun (Ani)
- Potty Training Song - CoComelon Nursery Rhymes

**Demonstrate with toys.** During playtime pretend the toys need to go to the bathroom. This can be done with dolls, dinosaurs, animals or even cars. Pretend play means anything can take a bathroom break. Focus on acting out the toy needing to go to the bathroom and recite the steps.

**Social Stories** are simple stories with minimal words that are created for a child to learn new skills/ routines. Social stories provide specific information and instruction to help a child know what to expect and why. Use one sentence on a page and pair with a picture from the classroom/school or home. A script idea includes:

- Sometimes I pee or poo.
- This happens on the toilet to keep me clean.
- I go to the bathroom.
- Pull down my pants and sit. Then relax.
- When I am done I wipe, pull up pants and flush.
- I wash my hands and am done.
- Good work!
- My teacher is happy.
- I am happy that I (went pee/poo, sat) on the toilet.





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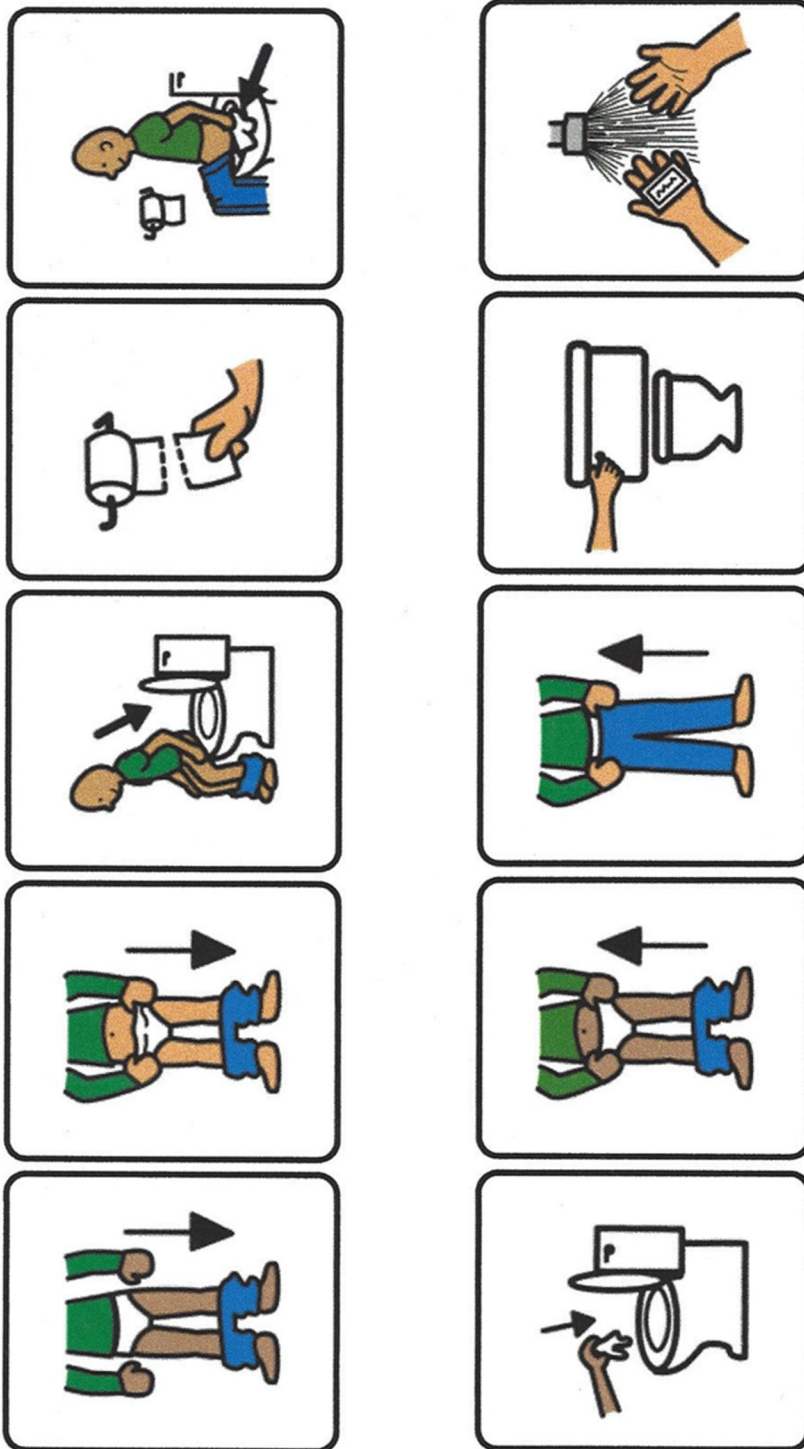
**Visual (picture) supports.** Words can be difficult for children to remember when thinking about other things. Pictures give more time to process instruction and help to develop independence as an adult does not need to be present. Pictures may be used as reminders/warnings as well as part of a visual schedule. The schedule may be broken down into steps that are clear and predictable. See examples of a toileting routine visual schedule below and on the next page.

Going to the Toilet 	
1	 I pull my pants down
2	 I sit and do wees or poos
3	  I get some toilet paper and wipe my bottom
4	 I put the paper into the toilet
5	 I flush the toilet
6	 I pull my pants up
7	 I wash my hands



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