


Confusing Underwear
Buy twenty pairs of identical underwear.





We're talking underwear and only underwear





Preparing the throne!
Remove all distractions.






Preparing the King!

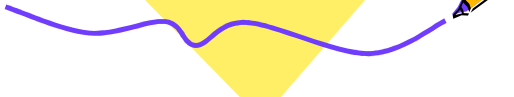
Remove clothing from the waist down.






Wait for an opportunity.


Place him in the bathroom.
Tell him he can come out as soon as he poops and wets in the toilet.





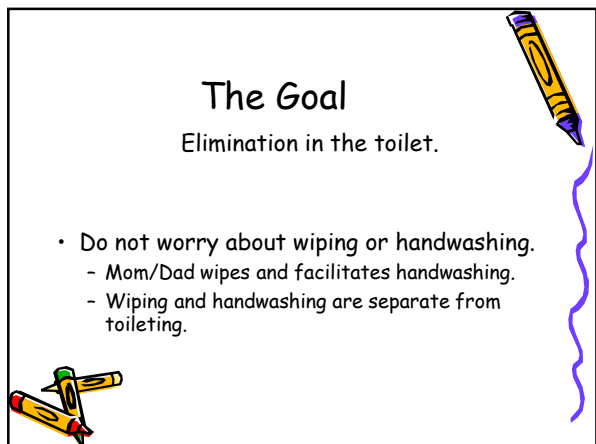
Wait!

Wait!
Wait!



The Goal
Elimination in the toilet.

- Do not worry about wiping or handwashing.
 - Mom/Dad wipes and facilitates handwashing.
 - Wiping and handwashing are separate from toileting.



Toilet Paper is more than just a decoration for trees!

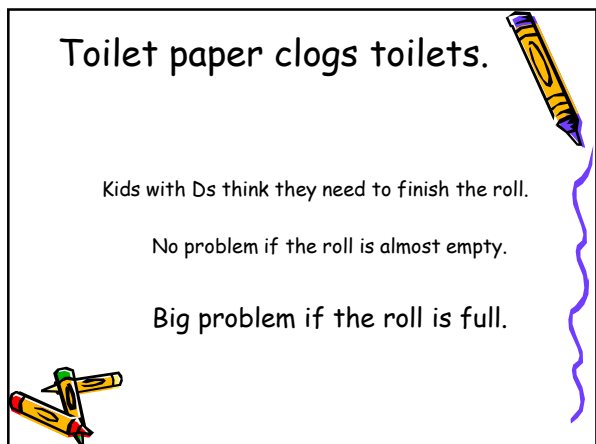


Toilet paper clogs toilets.

Kids with Ds think they need to finish the roll.

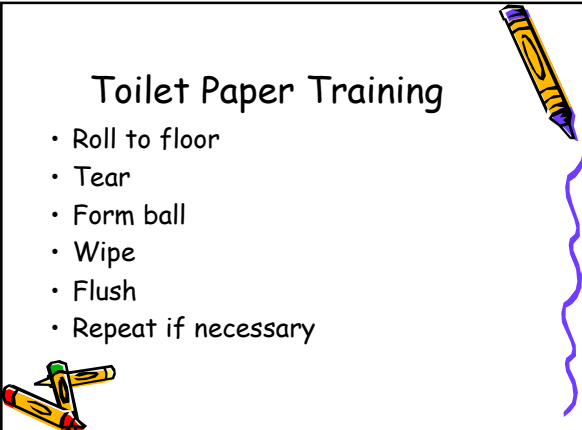
No problem if the roll is almost empty.

Big problem if the roll is full.



Toilet Paper Training

- Roll to floor
- Tear
- Form ball
- Wipe
- Flush
- Repeat if necessary



Putting on the new underwear.

- Make it the child's responsibility.
- Minimum amount of help offered.





The Mantra

Do not wet or poop in your underwear.

Wet and poop in the toilet.

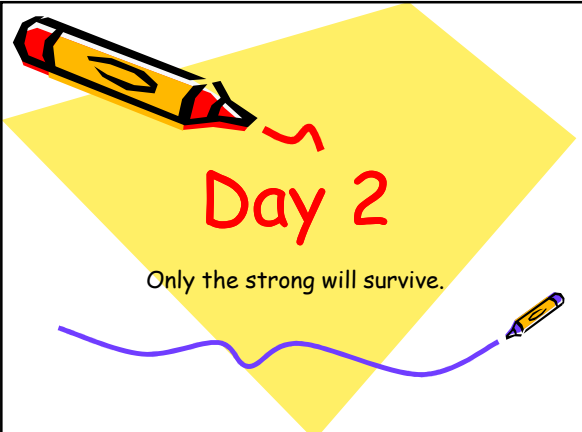
Back to the Toilet

- Every 45 minutes.
 - Pull down pants and sit on toilet
 - Wait just a minute
 - Pull up pants and leave bathroom




Day 2

Only the strong will survive.



The Shift in Responsibility





No Prompting means....

- No reminding
- No taking the child to the toilet - anytime
- No demanding a toilet visit before nap
- No prompting if the child is squirming
- No talking about potty training
- No warning of consequences



No Prompting Also Means

- Not taking the child to the toilet after staying dry through the night



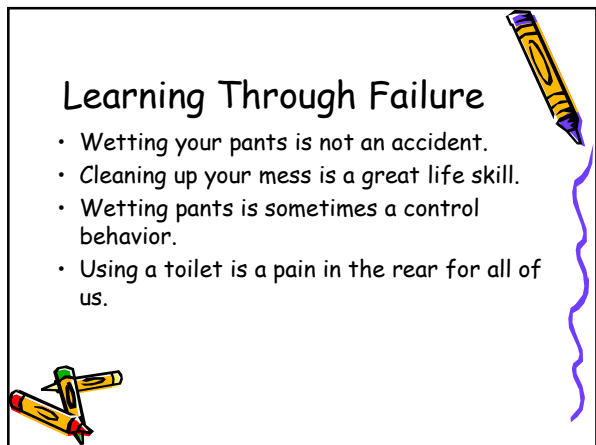
Reward Pitfalls

- No rewards
- No clapping
- No calling grandma
- No emotion unless.....
 - Your child prompts you
 - Mimic your child's enthusiasm



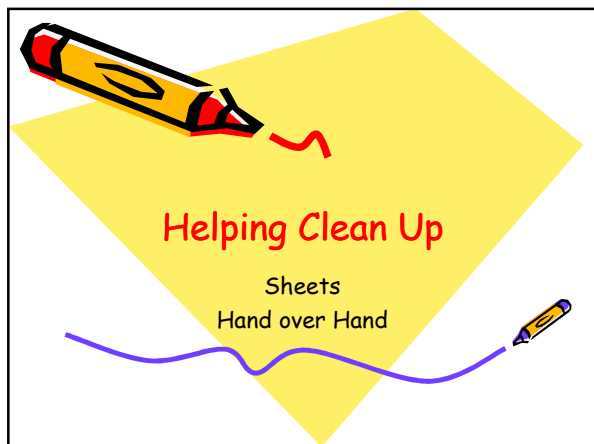
Learning Through Failure

- Wetting your pants is not an accident.
- Cleaning up your mess is a great life skill.
- Wetting pants is sometimes a control behavior.
- Using a toilet is a pain in the rear for all of us.

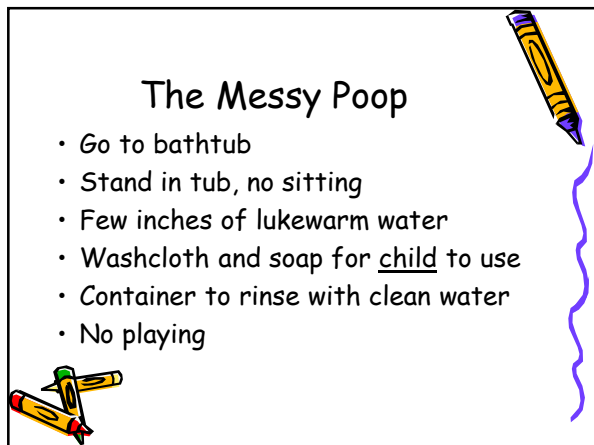




Go change your clothes!




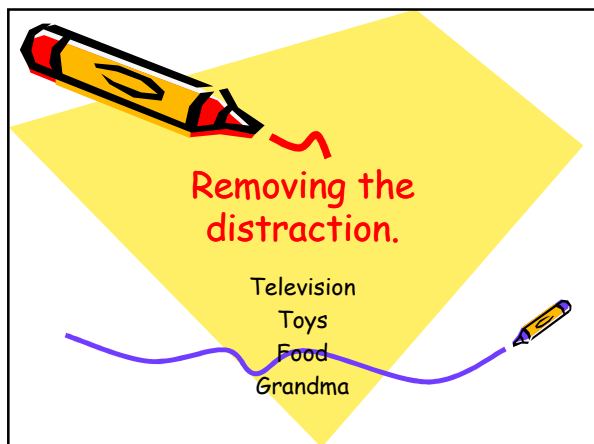
Helping Clean Up
Sheets
Hand over Hand



The Messy Poop

- Go to bathtub
- Stand in tub, no sitting
- Few inches of lukewarm water
- Washcloth and soap for child to use
- Container to rinse with clean water
- No playing





Removing the distraction.
Television
Toys
Food
Grandma



Close only counts with:
Horseshoes
Handgrenades
Toilet Training






Everyone on Board!


- All family members
- All caregivers
- All teachers and paras
- All friends and neighbors
- It takes a village to potty train a child with Down syndrome!

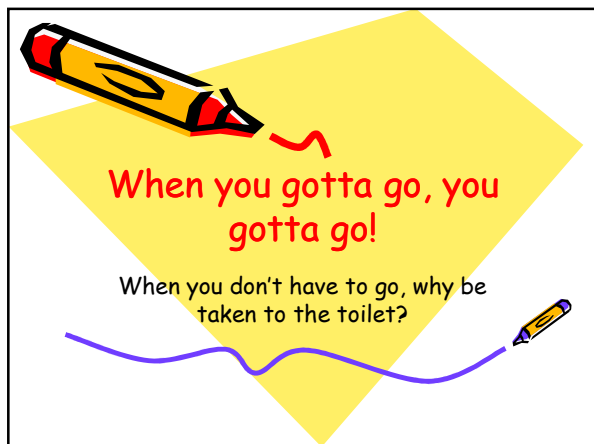




Remove the Naysayers

- Mom and Dad must be on the same page
- Siblings cannot rescue or argue for mercy
- Caregivers must follow plan





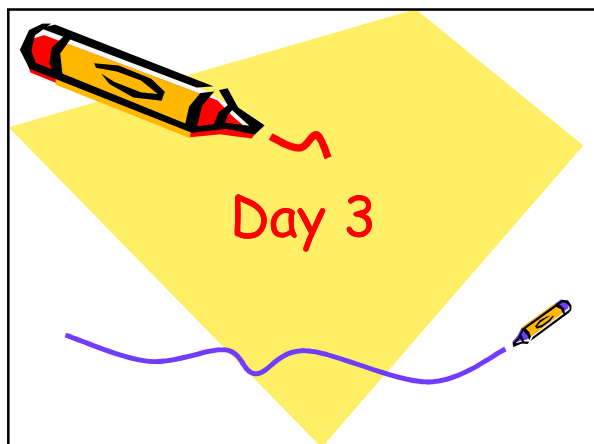
When you gotta go, you gotta go!

When you don't have to go, why be taken to the toilet?



Toilets

- Are not bathrooms
- Are not potties
- Are not johns
- Are not potty chairs
- Are the same throughout the country



Day 3

Off to Friends' Homes

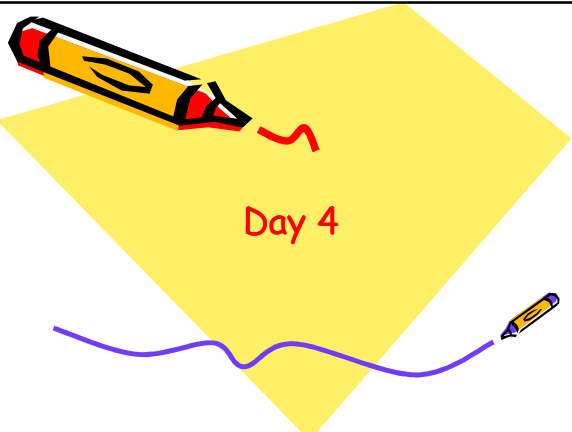
- No rescue clothing
- Show location of toilet
- No warnings
- No promptings
- Go home if pants are soiled



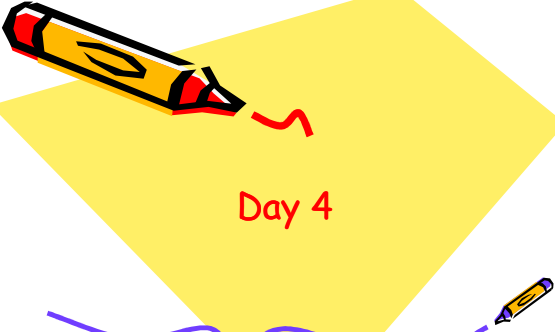
Off to Friends' Homes

- Puppy pads





Day 4



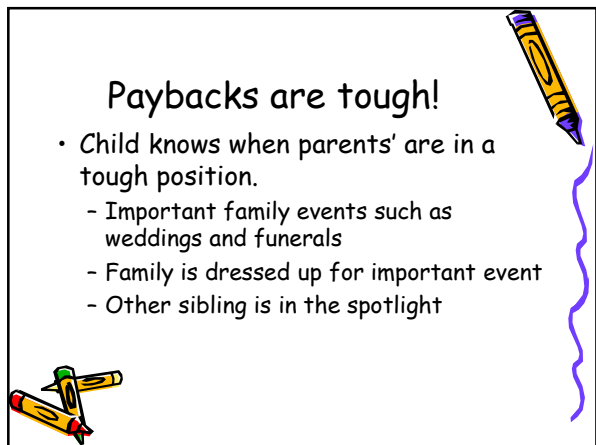
Out in the real world

- No rescue clothing
- Show location of toilet
- Come home if soiled
- No forced trips to a bathroom



Paybacks are tough!

- Child knows when parents' are in a tough position.
 - Important family events such as weddings and funerals
 - Family is dressed up for important event
 - Other sibling is in the spotlight







Bring a babysitter!

Spending the day with others

- The child may test everyone in his life.
- Show the child the available toilet.
- No emotion is essential.



Most Common Mistakes

1. Asking child if he is dry.
2. Taking dry child to toilet in the morning.
3. Asking child to use toilet before car trips.
4. Celebrating successes.
5. Talking about training in front of child.
6. Failure to show child available toilet.



Potty Trained!

Encountering the difficult situation

Airplane and car trips

Relapses

