

Trip Training Basics

Getting Ready

- Is there anything medical to get resolved (UTI, constipation)- this needs to be addressed first
- Who is/are the key toilet teachers? If there is more than one adult, you both need to know what to do and what the routine will be. Pick one person to be the lead.
- Plastic pants over underwear vs pull up over underwear – Either choice limits the mess, the key is to get underwear that your child will wear.
- Make the toilet comfortable- have a stool for short legs, ring reducer for tiny bottoms, or a potty
- What are your child's re-inforcers – this will become **BATHROOM ONLY** while training – they can be ANYTHING that your child will enjoy – food, a special dance, a specific toy, a favorite music video, etc.
- What is your re-inforcer (you deserve it and need it) to get you through this learning process
- Home vs school – they don't have to be at the same time (helps if they are)
- Data collection sheet to figure out frequency/timing of bathroom visits

Trip training (Pee)

- You already know the frequency needed (data collection is done).
- Your child is wearing underwear (with pull up or plastic pants overtop)
- Take them to the bathroom based on data (i.e. every 2.4 hours = 2 hours and 24 minutes). **TELL**- don't ask. Take toilet symbol to bathroom (or sign or use word – however your child communicates).
- If your child wakes up dry- take them first thing. If they wake up wet, change them and start the timer (i.e. 2 hr 24 minutes). When timer goes, take them to the bathroom.
- Do toileting routine (pants down, underwear) and sit **FOR 5 MINUTES** – you know they have to go! If nothing happens, they get off for 5 minutes, then sit again for **5 MINUTES**. Repeat until they pee. *****When they start peeing –DON'T CELEBRATE UNTIL THEY ARE DONE! It can make them stop peeing****
- Give your child the re-inforcer/reward (and give yourself a reward) and CELEBRATE – Mark T(toilet) on chart.
- Complete toileting routine (wipe, flush, pull up clothes, wash hands).
- Repeat at next scheduled time
 - If wet between scheduled time- change into dry clothes and don't talk about it- everything is neutral. Put a W on the data sheet. Restart the clock (i.e. 2 hr 24minutes)
 - When they pee in the toilet- big celebration and lots of praise
 - When they pee elsewhere- just neutral
- As you track it, over the next couple of weeks the number of successes will increase and "accidents" decrease. When you are at 90-100% success with trip training, we can look at self initiation (they take themselves to the bathroom).
- If they are consistently wet before scheduled time- shorten the scheduled time! They should be dry most of the time.

