

Potty Training

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Down Syndrome Innovations

- Our life-changing support and services enable people with Down syndrome to live to their fullest potential.
- Join us online for complimentary group programming across the lifespan!
 - <https://www.kcdsg.org/forfamilies.php>
 - <https://kcdsi.org/> (COMING SOON!)

Lifespan Services

What we offer

- Therapy Services
- Expectant & New Parent Support
- Playgroups
- Social Programs
- Educational Programs
- Adult Services

The Lifespan Team



Therapy Services



- Our transformational therapeutic services equip the person with Down syndrome and his/her caregivers with skill-building strategies and individualized supports within the home and community.

Overview

- Readiness
- Medical Challenges
- Setting Up
- Data
- Create a Plan
- Wiping
- Accidents

Are you ready?

Are you ready?

- **EVERYONE** must be ready.
- There is no right way to potty train your child.
- It is OK to stop and try again later!
- 18 months – 3 years

Why?

- Independence
- Inclusion
- Pride
- Social Opportunities
- Personal Safety
- Employment

Signs of Readiness

Will make it easier

- Dry periods
- Urinating a lot at one time
- Poops regularly
- Notices when wet/soiled
- Curiosity
- Can follow 1-step directions
- Can sit and wait

Great to have, but not necessary

- Can physically access the toilet
- Can dress/undress
- Can communicate

Medical Challenges

- It is important to address any medical concerns prior to starting the potty-training process.
- Not recommended to start right before or right after scheduled medical procedures.

#1

- Overactive Bladder
 - Every hour
 - 10+ times per day
- Underactive Bladder
 - Less than 3 times per day
 - Can hold for 12 hours (most people go every ~ 2 hours)
- Dysfunctional Voiding
 - Bladder does not fully empty
- Neurogenic Bladder
 - Brain, spinal cord, or nerve problem
- Non-Neurogenic Bladder
 - No neurologic abnormalities, but urine does not flow as expected
- UTI
 - Holding urine
 - Wiping

#2

- Constipation
- Celiac Disease
 - Blood test
 - Biopsy of intestinal villi
- IBS
- Anorectal Malformation
- Hirschsprung's Disease

Proactive Steps

- Fiber
- Hydrate
- Move

Set the stage

Clothing

- Now is not the time to work on buttons, snaps, or zippers
- Loose clothing with elastic waistbands
- Training underwear
- Pullups
- Underwear
- No pants
- Birthday suit

Bathroom set up

For your child

- Wet wipes
- Step Stool
- Squatty Potty
- Toilet Seat Insert
- Hand Rail
- Pee Guard
- Extra Clothing
- Hand Soap/Hand Sanitizer
- Toilet Paper
- Visual Supports
- Toys
- Books
- Rewards

For you

- Squatty Potty
- Pee Guard
- Extra Clothing
- Paper Towels/Towels
- Sanitizing Wipes
- Plunger
- Comfy Seat
- Basic Toilet Knowledge
- Rewards

Go bag

- Wet wipes
- Toilet Seat Insert
- Pee Guard
- Extra Clothing
- Hand Sanitizer
- Toilet Paper
- Visual Supports
- Toys
- Books
- Rewards
- Sanitizing Wipes

Let's draw!

You will need...

- Drawing utensil
- Paper
- Listening Ears

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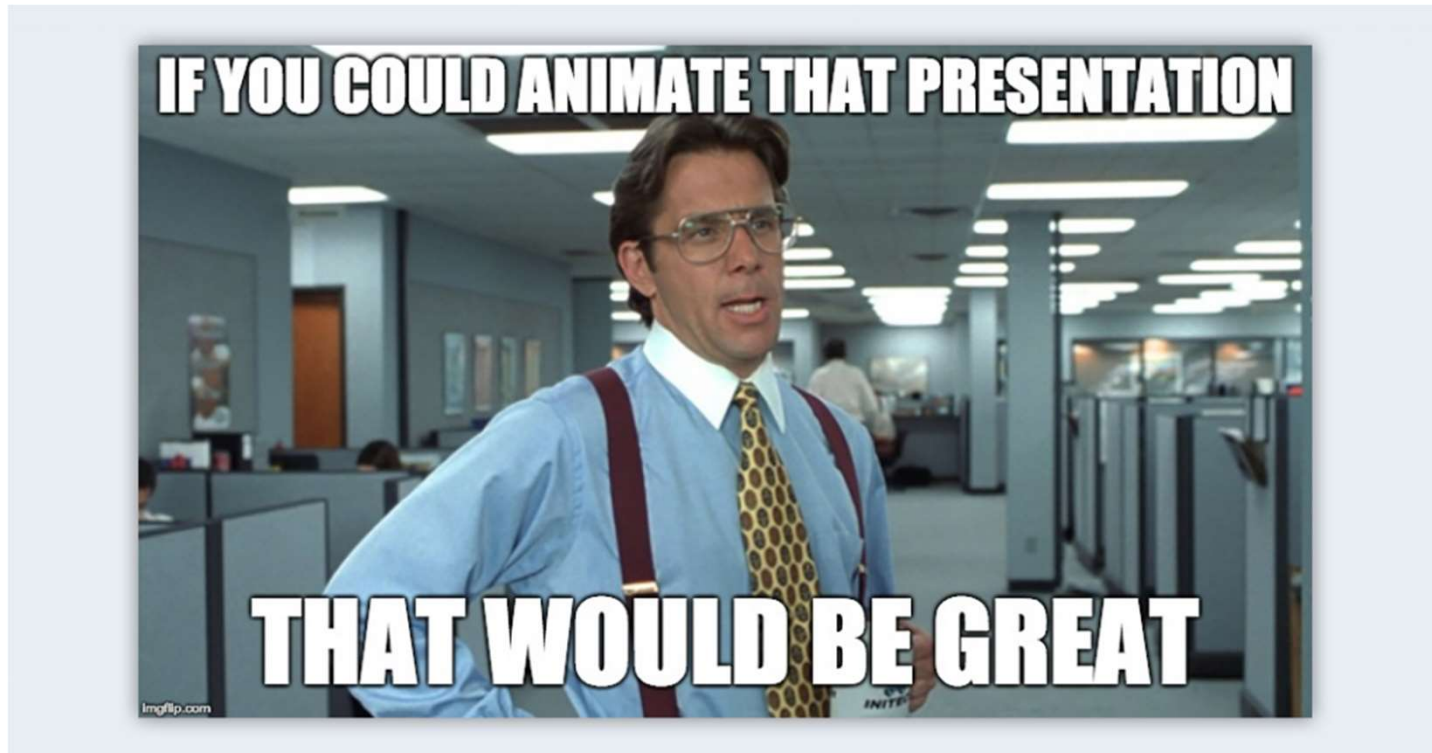
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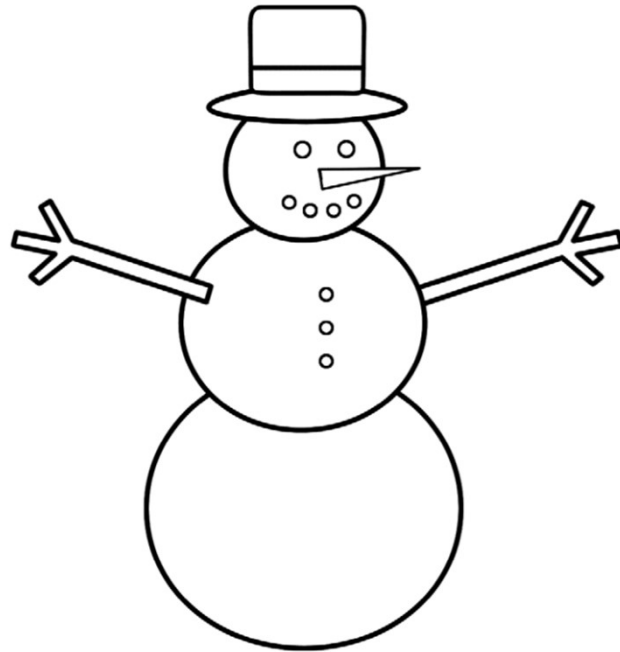
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How did you do?



Visuals to Consider

- Visual Schedule
 - Knowing when to go
 - Toileting
 - Wiping
 - Washing hands
 - Accidents
- Token Board

Now what?

Data



- Take data for about a week
- Will help you determine how often and when you will need to visit the potty
- May also help you recognize any challenges

Make a plan!

- How will your child know it is time to visit the potty?
- When will your child visit the potty?
- How long will your child sit on the potty?
 - 5 minutes
 - Work up to it
- Sit or stand?
- Reward
- How to handle accidents
- Consistency is important!



Quick Note on Behavior

- $A \rightarrow B \rightarrow C$
 - Antecedent
 - Behavior
 - Consequence
- Reward what you want to see more of
- Avoid use of punishment/response cost
- State instructions positively
- **Happy, Relaxed, Engaged**

Routine-Based Training

- Useful when first starting out or when child does not initiate
- Low tone can interfere with body signals
- Tell, do not ask
- Natural transitions
- Repeat the instruction

Common Challenges

Accidents Happen

- Probably more often than typical peers
- It is important to stay
 - Neutral
 - Calm
 - Consistent
- What are **YOUR** coping strategies?
- Who is in **YOUR** support network?
- Remember to step back and adjust the plan as needed.

Regression Happens

- Usually a response to change, stress, illness
- Investigate!
- Reflect!
- Adjust the plan as needed.



Bedwetting

- Nighttime bladder control kicks in around 6 or 7 years old
- More common in children with Down syndrome
 - Family history
 - Small bladder
 - Heavy sleeper
 - Constipation
 - Lower vasopressin production results in increased urine production at night
 - Sleep apnea
 - Diabetes
 - Sickle cell disease
 - Urinary tract infection
 - Epilepsy
 - Psychosocial stressors

Strategies for Bedwetting

- Decrease fluids in the evening
- Encourage sufficient fluids during the day
- Avoid these common bladder irritants
 - Caffeine
 - Carbonated drinks
 - Citrus fruits
 - Artificial red/purple dyes
- Avoid reward systems

Wiping

- Clean vs. Dirty
- Wet Wipes
- Practice

Resources

- [Potty Time for Kids with Down Syndrome](#)
- [National Down Syndrome Society](#)
- [Children's Hospital of Pittsburgh Toilet Training Podcast](#)
- [Toilet Training in Less Than a Day](#)
- [Oh Crap! Potty Training](#)
- [Interoception: The Eighth Sensory System](#)
- [Emotional ABCs](#)