



INTENSIVE TYPE POTTY TRAINING SYSTEM (FACILITATING INDEPENDENCE)

Begin by sectioning an area close to the bathroom so that your child is close by and has the potty there as a visual prompt. Bring in some highly motivating toys, neutral toys, and a few things he doesn't really like. Put on his underwear and show him they are dry. Do a dry pants check which consists of having him feel the area (and you feel the area). Say, "dry". Leave him in just underwear and a short t-shirt, or not top.

Begin giving him a lot to drink while he is playing with neutral/preferred toys (save the highest preferences for after he pees on potty). Every 5 to 10 minutes, do a dry pants check. If he is playing with something, pause it, so he can focus on what he is doing. Once you see that he is dry, reward with treat, return to play, high five, tickles, etc.

If he is wet or begins to have an accident, say "NO" firmly- "you forgot pee goes in potty". Try not to let him pee a lot (you may need to hold your hand there to stop pee from flowing). SHUT DOWN (remove, cover with blanket, etc) whatever he was playing with and have him practice. Practice consists of you and him running to potty, pulling down pants, sitting on, getting off, pulling up and running back to where the accident occurred. Reminding him that if he has to pee, he has to stop and run. He needs to stay clean and dry. DO NOT LET HIM FINISH PEEING IN THE POTTY!!! This is a practice procedure that acts as a consequence as well as a motor training to help train the muscles to get up and go when he feels he needs to. Do the practice 3-5 times. Immediately following the practice, he needs to do work- there is no fun- wet pants means work. He should clean up where the accident was (even if there is no urine on the floor, he should symbolically clean) for a few minutes. Then take off the wet underwear, put it in a bucket, swish it to clean, then put on dry underwear and sit in a chair with no attention facing the potty. He can sit or stand until either he self- initiates and goes, or after 3 minutes. You can do a dry pants check and he may return to play with only low/neutral activities. The highly preferred activities are not available until he self- initiates or it has been a half hour of dry pants. After 30 min, you can do a dry pants check. Remind him that pee goes in the potty and he needs to tell you or run BEFORE it comes out.

When he self initiates and pees on the potty, the world is his. Give him an immediate treat and then he can go directly to a preferred activity for 15-20 minutes. He should not be responsible for wiping, dressing, or washing his hands initially. The most important thing is to get him back to what he was doing and reinforce the positive/correct behavior (we will build back the other self help skills after this is mastered). Once he is playing, remind him of what a good job he did TELLING you or RUNNING to the potty with DRY pants. After 15-20 minutes, naturally transfer him to another activity- leaving his super highly preferred for the next success.