

# Growing Together

## ABA Strategies for Family Services Series



Anderson  
Early Learning  
Academy

**ABA Strategies for Toilet Training:  
Building Independence at Home**



# ABA Approach to Toilet Training

## Why Toilet Training Matters

- Toilet training builds independence, confidence, and daily living skills.
- Consistency between home and school helps children learn faster.
- ABA strategies—clear routines, prompting, and reinforcement—make the process predictable and successful for young learners.

## Foundational Skills for Success

Children often do best when they are supported in developing early readiness skills, such as:

- Sitting on the toilet for short periods
- Following simple directions
- Tolerating bathroom routines (wiping, handwashing)
- Awareness of wet vs. dry
- Staying dry for brief intervals
- These skills can be practiced naturally throughout the day.

## ABA Strategies That Support Toilet Training

### Structured Routine

- Bring your child to the toilet on a consistent schedule (e.g., every 30–45 minutes).
- Keep routines predictable — same words, same steps, same expectations • each time.

### Prompting and Fading

- Provide gentle guidance such as:

**Verbal prompts:** “Let’s sit.”

**Gestural prompts:** pointing to toilet

**Physical prompts:** hand-over-hand guidance as needed

- Fade support as independence increases.

### Modeling

- Demonstrate or show pictures of bathroom routines: pulling pants down, sitting, wiping, flushing, washing hands.
- Use simple, clear language: “Sit. Pee in the toilet. All done.”

### Reinforcement

- Deliver immediate, meaningful rewards for successes (e.g., stickers, small toys, praise, preferred snacks).
- Reinforce **sitting** and **trying**, not only going.
- Keep reinforcement highly motivating and specific: “Great job peeing in the toilet!”

### Data & Consistency

- Track dry times, successes, and accidents.
- Consistency between caregivers greatly increases progress.

# Toilet Training Steps Using ABA

## Scheduled Toilet Sits

- Regular intervals help children practice sitting and connecting the routine with elimination.

## Dry Checks

- Simple check-ins (“dry or wet?”) help build awareness.
- Celebrate dry periods with praise or small rewards.

## Gradual Independence

- Fade prompts, increase wait time, and encourage your child to pull pants up/down independently.

## Accidents

- Stay calm and neutral.
- Briefly clean up without extra attention.
- Return to routine and offer another opportunity for success.

## How Parents Can Support Toilet Training at Home

### During Daily Routines

- Visit the bathroom before meals, before leaving the house, and before bedtime.
- Practice pulling pants up/down during dressing times.

### During Playtimes

- Schedule bathroom breaks between activities.
- Use visual timers to signal upcoming transitions.

### During Community Outings

- Practice using public restrooms when possible.
- Keep preferred reinforcement items on hand for success outside the home.

### During Social Play

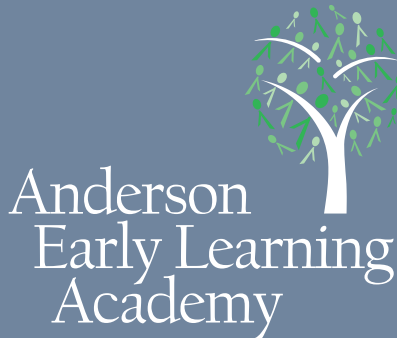
- Model bathroom routines with siblings or peers when appropriate.
- Celebrate successes together.

## Tips for Success



- Keep expectations realistic and positive.
- Avoid pressuring or rushing your child.
- Celebrate every small step toward independence.
- Share progress and challenges with your child’s ABA team.
- Use simple, encouraging language and maintain a calm tone.

**Remember: Consistency is the biggest predictor of success.**



*Anderson Early Learning Academy (AELA) is a NYS approved 4410 program that provides children ages 3-5 years of age opportunities to learn in an environment that is developmentally appropriate and teaches the skills needed to be successful in kindergarten*

**Anderson Early Learning Academy**  
[www.AndersonEarlyLearningAcademy.org](http://www.AndersonEarlyLearningAcademy.org)



## **CONTACT US:**

**Dan Rounds MS Ed, SBL : Director of Early Childhood Education**  
[DRounds@AndersonCares.org](mailto:DRounds@AndersonCares.org)

**Shanna Kangas, BCBA : AELA Preschool Coordinator**  
[SKangas@AndersonCares.org](mailto:SKangas@AndersonCares.org)

**Meredith Wait, BCBA : AELA Behavior Analyst**  
[MWait@AndersonCares.org](mailto:MWait@AndersonCares.org)