

Steps to Toileting Participation

The process of toilet learning involves much more than urination and stooling in the toilet. It is a many-step process where a learner gains comfort with the steps and routines of toileting and begins to self-identify as a toilet user. Use these smaller steps to recognize progress and places that you can support your toilet learner.

Engagement

- Responds to reinforcers for toileting, or participates without a reinforcer
- Enters the bathroom for hygiene
- Enters the bathroom to urinate or have BM in a pullup
- Sits momentarily on the toilet when requested
- Sits for an extended period on request (one or more minute)
- Urinates or stools in toilet when prompted to go
- Goes to the bathroom to toilet at regularly scheduled or natural intervals, without ongoing prompting

Hygiene, Medical & Clothing

- Helps with own clothing
- Manages clothing independently
- Participates in wiping
- Changes own diaper/brief
- Wipes effectively and independently
- Washes hands with support/prompting
- Completes hygiene routines independently
- Takes prescribed medication, if relevant
- Wears underwear

Communication

- Tells others when wet or soiled using words, gestures, or other means
- Tells others when needing to use the bathroom
- Requests the bathroom as needed for toileting
- Directs own care