

Goal Setting: Find Your Inchstones

You might know what you want your child to do eventually, but how will you get there? Use the video “Inchstones Make Milestones” and the Inchstones Table to visualize where you are in the process and how you’ll make progress.

	Milestone (your eventual goal)	Current Skill (what your child does now)	Inchstone Goal (a reasonable next step)
Continence			
Toilet Use			
Wiping			
Clothing Mgt.			
Hand Washing			

Tips for Good Inchstones

You can see it & you can measure it	It moves you toward your eventual goal
It's something your child <i>does</i> , not something they don't do You can tell if the behavior is more or less than before	It's important Your child can do a little bit right now, and could do it more consistently in the near future

Continence	Toilet Use	Wiping	Dressing	Hand Washing
Continent for urine and stool without prompting	Sits on the toilet as long as needed to pee, poop	Wipes independently after pee and poop	All steps of dressing before & after toilet or change	Completes handwashing alone
Dry and/or clean most of the time with prompting or a schedule	Sits with reward, timer, or coaxing to try to pee or poop	Completes stool hygiene when an adult starts it	Disposes of wet/soiled brief if present	Washes hands with adult reminders for next steps
Dry and/or clean 50-75% of the time with prompting or a schedule	Sits momentarily to "practice" or do hygiene.	Does the "last wipe" to finish wiping after BM. May wipe pee	Puts on pants and fresh pull-up	Does one or more steps of hand washing
Dry and/or clean less than half of the time with reminders	Stays near the toilet, watches stools go down the toilet	"Checks" adult's work after wiping	Takes off pants and wet pull up	Goes to sink for hand washing
Occasional pee or poo on the toilet	Does hygiene in the bathroom Enters bathroom for a moment (e.g. for fresh pull up)	Gets wipe or toilet paper for adult	With adult help, tries to dress/undress Allows diaper and/or clothing changes	Allows hand washing

More Demand

Less Demand