



## Potty Camp

### Materials Needed:

- Underwear
- Flush Blocker for Toilet
- Preferred liquids to drink
- Reinforcers

### Environment:

Training will begin in the bathroom. Make the bathroom an inviting, fun environment by bringing toys or other entertainment into the bathroom. At ABA, have a table and chairs and therapy materials in the bathroom as well. A large supply of preferred liquids should also be available.

### Training Steps with Requesting:

1. Set up the environment before training time begins.
2. Go into the bathroom, remove diaper and put on underwear.
3. Set timer for 30 minutes and allow to drink preferred liquids freely.
4. When the timer sounds, prompt him to sign or say “potty”. If he is compliant with this prompt, say something like “Oh, you need to use the bathroom. If he is not compliant, move on to step 5.
5. Gesturally or physically prompt to walk to the toilet, lower underwear and sit on the



toilet. Do NOT use verbal prompts or ask “Do you need to go potty?” Use the least intrusive prompt possible.

6. Set a timer for 3 minutes.
7. Prompt (verbal is OK) to go to the bathroom. If he starts to urinate, stay quiet until he is finished. Once he is finished, provide praise and other reinforcement.
8. Once he has been on the toilet for 3 minutes or has urinated or had a bowel movement, prompt him to stand up and pull up his underwear.
9. Reset timer for 30 minutes.
10. Wash hands.
11. Repeat steps 3-9 for the duration of the training time.

#### Request Training:

Independent request = Requested to go to the bathroom with sign or word, urinated in the toilet after the request was made.

Initially, all requests will likely be prompted on the schedule. If he requests using the sign or the word “potty” independently, immediately take him to the bathroom and reward him for any successful urination. If he does not urinate after 3 minutes, take him off the toilet and go back to what you were doing. Do not provide reinforcement. Once independent requests are observed more than once per day, begin to fade the prompted schedule to 1 hour between scheduled trips. Once accidents drop to near zero on the hourly schedule and if he continues to independently request take him to the toilet only when he requests.



### Accident Correction:

1. Watch for an accident to start. The quicker the accident correction procedure starts, the more effective it will be.
2. When an accident has begun, make a loud, quick startle statement such as “Oh! Hurry! Go to the bathroom!” Quickly physically prompt him to pull down underwear and get on the toilet.
3. Encourage him to urinate on the toilet.
4. If he urinates on the toilet, stay quiet until he is finished then praise and provide reinforcement.
5. If he has not urinated after 3 minutes, prompt him to stand up and put on new underwear.
6. Have him put the wet underwear in a bag and wipe the area where the accident happened.

If an accident happened and it was not caught, neutrally change him into new underwear.

### Data:

Frequency of Accidents

Frequency of independent requests

Percent of urination on the prompted schedule



### Generalization:

1. Once accidents are at or near 0 on the prompted schedule, add wearing pants!  
Continue the program the same as above.
2. Once accidents with pants are at or near 0 for the training time of 1 day, reduce the liquid intake to normal amounts and allow movement to a room near the bathroom.
3. Once accidents are at or near 0 for the training time of 1 day with normal liquid amounts and moving to a room near the bathroom, move to underwear on all day and normal activities.

### Notes:

If the percentage of urination on the prompted schedule is less than 80%, either increase liquids or decrease the frequency of how often he is taken on the schedule to 45 minutes or an hour to find the 80% balance.