



ASPIRE EARLY INTERVENTION

TOILET TRAINING PREREQUISITES

Before we start toilet training, there are a few skills our kids need to help guarantee their success.



They must be able to enjoy the sensation of wearing undies. Sometimes they will need to practice wearing undies around the house for short durations, before we start.



They need to be able to practice the steps of going to the bathroom independently.

- Step up on the stool
- Turn around
- Pull pants and undies down
- Sit down
- Tolerate sitting for up to 5 minutes
- Get up off the toilet by themselves
- Pull pants and undies back up



And they will need to be able to hold their bladder for 1-2 hours at a time. In the clinic, we take baseline data before starting to see if they are ready. Sometimes we may need to wait a few more months to ensure that we have the best chance of succeeding!

