

Getting ready for toilet training Autism Checklist

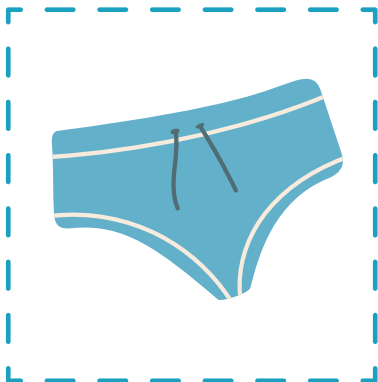
Goal : Environment



Steps:

- Choose which toilet is best to use
- Eliminate noise where possible (eg. fans, washing machine off)
- Encourage choices like which soap do they prefer, does the brand of toilet paper 'feel' right?

Goal : Equipment



Steps:

- Go shopping together to choose any new items required
- Make sure you have a seat or potty in the toilet chosen for use if they struggle to sit on the toilet.
- Let the autistic person choose which pants/knickers to wear each day

Goal : Conversation



Steps:

- Have open conversations about how your body works and why toileting is important
- Show them how the flush works and discuss where the waste goes
- Talk through any worries or questions they may have