

1. Will this be recorded so we can watch it again later as a reference?
  - a. Yes! :)
2. I have 3yo autistic twin boys. When we start potty training should we train them simultaneously or focus on getting one trained first and then the other?
  - a. If you have support, it makes more sense to me to do simultaneously. If you think one of the boys is more ready than the other then you are welcome to focus on one first.
3. We aren't really seeing any readiness signs yet. They aren't aware that they have a wet/dirty diaper and don't seem discomforted by it. I don't think they're staying dry for 30-60 minutes. And it's challenging to have functional communication with them. How do we decide when to start?
  - a. If you are ready to commit to the process, I think now is the time. As for functional communication, I would definitely work with their SLP. Again, the first phase is trip training so your child will rely on you but can stay dry when not taken to the potty.
4. How do we teach them to pull their pants up/down? Any specific tips?
  - a. Initially, I would see if they can do any part of pulling pants up or down. Depending on what your child can do and has trouble with I would use prompting hierarchy and using forward, backward or total task chaining. This can be a lot, so I recommend reaching out to his classroom teacher on how to know which route to go and how to implement.
5. When placing a child in underwear during wake hours, how do you prevent damage (from accidents) to carpeted areas of the house?
  - a. You can by cheap shower liners and lay across the floors and on the couch. There is also a stain remover called Folex that I have had great success with.
6. My son just turned 3, we started by replacing diapers with training pants, he comes whenever li say "time to go potty ", but he doesn't seem upset at all when his pants is wet, even if it's number 2.
  - a. That is okay, it is not required that he feels upset or uncomfortable although it might make things a little easier. If you are doing the trip training method, make sure you take the data so you know how often to take him.
7. Should we change the training pants to underwear so he feels the wet?
  - a. Yes :)
8. Do we send kids in their underwear to school in the beginning? Should we put a pull up over so they don't have an accident on the bus or at school?
  - a. I suggest having them go potty before you put them on the bus, you are welcome to put a pull up over top the underwear but please let school know so as soon as

your child arrives they can take off the pullup. I definitely think the more consistent we are the more progress we will see in your child so would recommend wearing underwear at school too.

9. If you have trouble just getting him to sit on the potty do you take a step back and offer reinforcements for just sitting?
  - a. Yes, I would definitely work on pairing sitting with reinforcement!
  
10. Along the lines of trying to figure out when to start potty training: We have preschool in the mornings M-Th and home-based ABA in the afternoon/evening M-F. I was assuming it might be better to wait until this summer to start, if they're ready, since they'll have more time at home then. Would you agree?
  - a. It depends on a few things. If you do want to start during the school year, and are wanting to do the more intensive model, I recommend keeping your child home from school if you start during the school year. If you are doing trip training, I would definitely recommend reaching out to school so they can be consistent.
  
11. You just mentioned starting with a big potty with an insert so they don't have to generalize between the small potty and the big potty. Would you recommend that for the trip training method too?
  - a. Yes, I recommend it across the board.
  
12. Suggestions for getting my child to view sitting on potty more positively. We're not at 10 minute sits because she's focused on going back to her activities. We've gone 6+ hours dry w 1 hour scheduled sits and only potty during nap.
  - a. I would definitely start pairing sitting with highly preferred activities and gradually increase the amount of time your child is sitting. Also using visuals.
  
13. Can you speak more about the transition to self-initiation? We potty trained over winter break and he has been doing well, but if we miss a sit time, he will wet himself.
  - a. Please reference the presentation, but you are gradually going to work on him expanding the intervals and if you see any signs of him needing to go you will immediately take him.
  
14. So should we start night training at the same time, or should we wait until they master the daytime training?
  - a. You target daytime training first, specifically all waketime hours. If your child still naps and during bedtime you will put your child in diapers or pull ups. As soon as they get up from nap or in the morning you will immediately change them into underwear.
  
15. Any specific tips/suggestions for kids with special needs. My son has Down Syndrome and Total Colonic Hirschsprung's disease. I started training him and he is doing great but has streaks of BM in his underpants. Is there anything else that I could do to help him control his BM. Also how to encourage them to void completely. With Hirschsprung's he

goes 6-8 times a day and several times during the night. He is to start Kindergarten this fall so I want him to be ready.

- a. I am not familiar with Total Colonic Hirschsprung's disease, but I do recommend getting medical clearance that it is not interfering and there is no contra-indicated medical condition that would make voiding completely a difficulty. When you get medical clearance, feel free to email me about suggestions on working on ideas for emptying the bladder.

16. My child goes potty (number 2) in the night several times due to his Hirschsprung's, how do we go about training for the night?

- a. I suggest getting medical clearance through your pediatrician before moving forward with BM and/or night training.

17. I know this presentation wasn't to cover training for #2 but could you email some information on training for that? my son will have #2 in his underwear and then tell us he needs changed afterwards.

- a. I will reach out to Mary Anne for your email to send you some articles to reference.

#### Suggestions:

- We used a PECS book with an actual picture of our bathroom originally so he could physically show me
- used icons, also pulled me or my husband into the potty, then started going independently
- Our training pants did not keep everything in so we ended up with a couple secret accidents. We had a stack of undies next to the bathroom so he could bring us a new pair to help him put on. that helped him to take more responsibility in his potty training.
- FYI-our first trip out after the 3 day intensive I practiced taking Abe to the grocery store (small trip) taking him right before we left and right when we got back. He did well with this. For longer trips in the car we did to pull up over underwear and he ended up staying dry longer than we thought!