



ACORN
Embracing Neurodiversity



Let's get
the potty
started!

Toilet Training Checklist

Signs Your Child Might Be Ready for Toilet Training

Physiological Signs

- Free of bowel movements overnight.
- Maintains dry nappy for ~2 hours.
- Urinates a lot at one time.
- Seems aware when they need to “go” (e.g., taking themselves to a different space).

Motor Signs

- Can walk and sit.
- Can pull pants up and down.
- Can sit on toilet/potty for several minutes at a time.
- Can drink from a bottle or cup.

Cognitive and Verbal Signs

- Demonstrates the need to use the toilet through verbal and nonverbal language.
- Can follow simple directions.
- Can let you know verbally or non-verbally after soiling their nappy.

Emotional and Social Signs

- Can sit in one spot for ~2 to 5 minutes.
- Imitates parent behaviour.
- Shows an interest in the toilet.



How does it work?

Toilet training can be a tricky time for many parents. Toilet training can be extra challenging for neurodiverse children and requires patience, compassion, and sometimes, the support of experts with a one-on-one approach.

Our team of psychologists use evidence-based, practical teaching strategies to develop an individualised toilet training plan that is tailored to the needs of your child and family.

We offer a range of toilet training packages based on your family's needs and budget:

- Parent-led
- Clinician-led
- Customised

Toilet Training Process

Step 1: Initial Assessment

You will meet with one of our psychologists to complete an initial assessment. The purpose of this assessment is to identify your child's current toileting skills and any previous experience with toilet training. We will likely ask you to fill in some forms and checklists before and/or after this meeting.

Step 2: Individualised Plan

The psychologist will develop a toilet training plan based on the needs of your child and your budget. This may include at-home sessions with the psychologist or a trained therapist, online coaching sessions with the psychologist, or a combination of both. Typically, toilet training packages are 6 weeks long.

Step 3: Ongoing Support

Regardless of which toilet training package you choose, we will provide ongoing support and check-ins in-person or via Google Meets to ensure success with the toilet training process and to support with problem-solving any potential challenges that can arise along the way.



SOME THOUGHTS BEFORE GETTING STARTED

Where will the toilet training take place?

Who will be involved in the toilet training?

When is a good time for toilet training to start?

What are some potential rewards my child might like?

**What materials do I need?
(e.g., underwear, wipes, timer, cleaning products).**



Packages

Parent-led

- Initial assessment (~2 hours)
- Development of toilet training plan (~2 hours)
- Feedback meeting to discuss the plan (~30min)
- Twice weekly 30min online check-ins for 3 weeks.
- Weekly 30min online checks ins for 3 weeks.

**More intensive support can be provided at an additional cost.*

Clinician-led

- Initial assessment (~2 hours)
- Development of toilet training plan (~2 hours)
- Feedback meeting to discuss the plan (~30min)
- Clinician present for 4 hours during first week
- Twice weekly 30min check-ins for 2 weeks.
- Weekly 30min online checks ins for 3 weeks.

**More intensive support can be provided at an additional cost.*

Customised

- Initial assessment (~2 hours)
- Development of toilet training plan (~2 hours)
- Feedback meeting to discuss the plan (~30min)
- Tailored support based on what best suits your child and family.

Terms & Conditions:

- Travel time is invoiced at 75% of the clinician or therapist rate + mileage.
- 6-week commitment is required.
- Toilet-training package can be paid in advance or invoiced weekly.
- Payment is due within 6 days. All prices include GST.
- Weekly rate remains the same regardless of attendance.
- Rates current as at January 2024 and reviewed 6 monthly.



Building a future in which all neurodiverse children and youth can fully participate, belong and thrive.

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