



Autistic Children Connecting Parents
(ACCP)

Toilet Training Autistic Children:

From Diapers to Independence

Parent Workbook & Progress Journal

Presented by



Red Lipstick Vibes



ROUTINES



READINESS



STRATEGIES



PROGRESS
TRACKING



ENCOURAGEMENT

*A practical guide for routines, readiness,
progress tracking, and encouragement.*



Printable Resource Guide



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How to Use This Workbook

Simple strategies to support your child on the toilet training journey.

1



Start with readiness, not pressure

- Watch for signs your child may be ready.
- Every child has their own timeline.
- Gentle encouragement works better than push.

2



Keep routines predictable

- Stick to a consistent bathroom routine.
- Use the same steps in the same order.
- Predictability builds confidence.

3



Use visuals and simple language

- Show pictures for each step.
- Use short, clear words and phrases.
- Repeat often and stay positive.

4



Celebrate small wins

- Praise effort, not just results.
- Use small rewards that motivate your child.
- Joy builds momentum!

5



Stay calm during setbacks

- Accidents are normal and part of learning.
- Stay patient and reassuring.
- Keep routines and move forward.



Quick-Start Supplies



Potty seat or reducer seat



Step stool



Wipes



Extra underwear/clothes



Visual schedule



Timer



Rewards



Soap



Hand towel



Progress is not always straight.

Small steps still count.





Toilet Training

Readiness Checklist



Use this checklist to decide whether your child may be ready to begin.



☐ stays dry for 1–2 hours



☐ has a somewhat predictable bowel pattern



☐ notices or reacts to a wet/soiled diaper



☐ can sit for a short period



☐ tolerates entering the bathroom



☐ can pull pants up/down with help



☐ follows simple one-step directions



☐ can imitate or watch others



☐ shows interest in the toilet, underwear, or bathroom routine



☐ communicates needs with words, signs, pictures, or AAC

Scoring Guide

★ **0–3:**
Not ready yet

★ **4–7:**
Emerging readiness

★ **8–10:**
Ready to begin
with support



My child's signs of readiness

1. _____
2. _____
3. _____
4. _____
5. _____



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Bathroom Setup & Sensory Support Checklist



1. SAFETY & SEATING

- ☐ Potty chair or reducer seat
- ☐ Sturdy step stool
- ☐ Easy-to-remove clothing
- ☐ Toilet paper within reach
- ☐ Wipes/change station
- ☐ Handwashing supplies



2. SENSORY COMFORT

- ☐ Soft lighting
- ☐ Unscented soap
- ☐ Noise-reduction headphones
- ☐ Fidget toy
- ☐ Calm scent-free bathroom
- ☐ Warm seat or soft cover
- ☐ Visual timer



3. VISUAL SUPPORTS

- ☐ First-Then board
- ☐ Step-by-step toilet sequence
- ☐ Handwashing chart
- ☐ Reward chart
- ☐ Picture cue for 'toilet'



4. MOTIVATION & PRACTICE

- ☐ Favorite small rewards
- ☐ Short practice sits
- ☐ Books/toys for waiting
- ☐ Portable kit for travel or school



TIP:

When possible, make the bathroom calm, predictable, and low-pressure.



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Ready-to-Use Action Plan

A simple week-by-week plan to guide the toilet training journey.

Week 1



Track patterns,
treat constipation,
and build
bathroom comfort.

Week 2



Introduce visuals,
practice bathroom
entry, try brief sits,
and use powerful
rewards.

Week 3



Schedule sits at
pattern times,
reinforce pee/poop
success, and begin
fading prompts.

Week 4+



Generalize to school
and community,
thin rewards, and
teach privacy and
wiping.



♥ Daily Rule ♥

Keep the routine calm, short, visual, and consistent.
Track progress like a scientist. Love the child like family.



♥ Important Note ♥

Adapt based on individual readiness. Some children need months;
some need medical or behavioral support. Progress is not linear.



Small steps. Steady routines.
Meaningful progress.





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6

Daily Toilet Training Log

Child Name: _____ Date: _____ Goal for Today: _____

 Time	 Tried?	 Urine	 Bowel Movement	 Success/Accident	 Prompt Level	 Reward Used	 Notes/Triggers
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							



Today's Wins



What Was Hard



What Worked Best



Plan for Tomorrow



Record progress without judgment.



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Empowering Parents. Celebrating Progress.



Toilet Training: Autistic Children
From Diapers to Independence



Weekly Progress Journal

Small steps today, big independence tomorrow.

Week of: _____

Child's Name: _____



1. This week we practiced...



2. Best time of day for success



3. Common accident patterns



4. Bowel movement notes



5. Sensory triggers I noticed



6. Communication cues my child used



7. Rewards that helped



8. Biggest win this week



9. My next goal

★ This Week, My Child... (Rate 1–5 Stars) ★



Sits on toilet

1 2 3 4 5
★ ★ ★ ★ ★



Stays dry longer

1 2 3 4 5
★ ★ ★ ★ ★



Communicates need

1 2 3 4 5
★ ★ ★ ★ ★



Handwashing routine

1 2 3 4 5
★ ★ ★ ★ ★



Encouragement Note to Myself





Reward Chart & Success Tracker

Add a sticker, check mark, or star each time your child completes a toilet-training step.

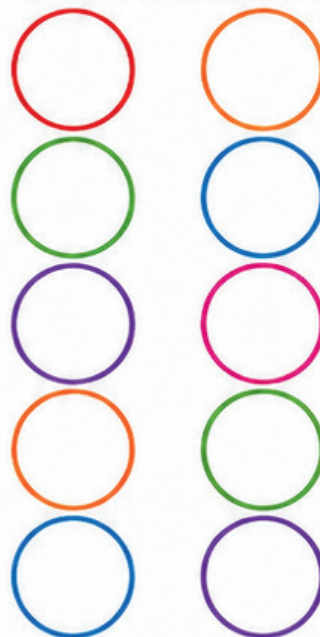


	 Sat on Toilet	 Tried to Go	 Stayed Dry	 Told an Adult	 Washed Hands
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Big Reward Goal

Fill all 10 circles to earn a

BIG REWARD!



I'm Proud of My Progress!

Child Name: _____

Date: _____

Parent Signature: _____





★ Page 9 ★

Common Problems & Solutions



PROBLEM		SOLUTION	
1	 Refuses to sit	 Begin with brief clothed sits, use timer and preferred activity.	
2	 Afraid of flushing or noise	 Flush after leaving, use headphones, gradually desensitize.	
3	 Hides to poop	 Watch body cues, schedule sits after meals, move gradually toward bathroom.	
4	 Frequent accidents	 Shorten bathroom intervals, clean up calmly, review timing.	
5	 Constipation or pain	 Pause pressure and contact the child's pediatrician.	
6	 Difficulty communicating	 Teach a toilet picture card, sign, word, or AAC button.	
7	 Regression after illness or change	 Return to the last successful step and rebuild routine.	

⚠ When to Seek Extra Help ⚠



Painful stools



Blood



Persistent constipation



Urinary pain



Severe distress



No progress after consistent effort

Trust your instincts. You know your child best—reach out to your pediatrician for support. ❤



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Autistic Children
Connecting Parents



POTTY TRAINING AUTISTIC CHILDREN



Every child learns in their own time.

With patience, routine and support,
your child can learn!

1 LOOK FOR READINESS SIGNS

- Staying dry for longer
- Shows discomfort with dirty diaper
- Hides to poop
- Interested in the bathroom or toilet



2 CREATE A SIMPLE ROUTINE

- Take your child to the toilet every 30–60 minutes.
- Sit for a short time (2–5 minutes).
- Use the same words each time.
- Keep it predictable and consistent.



3 USE VISUAL SUPPORTS

Use a step-by-step picture schedule.

1 Pants down



2 Sit



3 Pee / Poop



4 Wipe



5 Flush



6 Wash hands



4 MOTIVATE WITH POSITIVE REINFORCEMENT

- Praise immediately.
- Use rewards like stickers, favorite snack or short play.
- Celebrate effort, not just success!



5 TEACH COMMUNICATION

Help your child tell you what they need.



Use words, sign language, picture cards or AAC if needed.

6 MAKE THE BATHROOM COMFORTABLE

- Use a footstool for support.
- Reduce noise (flush later).
- Bring a comfort item.
- Keep lighting soft if sensitive.



7 ADDRESS SENSORY NEEDS

Go slow and help your child feel comfortable.

Dislike sitting on the toilet



Fear of flushing sounds



Sensitive to textures



Seeks or avoids certain sensations



8 BE PATIENT WITH ACCIDENTS

- Stay calm and neutral.
- Say: "Pee goes in the potty."
- Clean up without punishment.



9 WATCH FOR MEDICAL ISSUES

Constipation or pain can make potty training harder.

If needed, talk to your doctor.



10 KEEP EXPECTATIONS REALISTIC

- It may take longer.
- Progress can go up and down.
- Consistency matters more than speed.



Small steps today,
big success tomorrow!



✓ WHAT TO DO

- ✓ Stay calm and positive
- ✓ Keep a consistent routine
- ✓ Use visuals and simple words
- ✓ Offer praise and rewards
- ✓ Give choices (pants, underwear, seat)
- ✓ Provide plenty of fluids and healthy food
- ✓ Celebrate every small step!



✗ WHAT NOT TO DO

- ✗ Don't yell or show frustration
- ✗ Don't punish or shame
- ✗ Don't compare with other children
- ✗ Don't talk about accidents in front of others
- ✗ Don't rush the process
- ✗ Don't ignore signs of pain or constipation





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Parent Self-Care + Sustainability Plan

Caring for yourself is part of caring for your child. ❤️

My signal	What it looks like	What I will do
Stress signal #1		
Stress signal #2		
Stress signal #3		

Self-Care Checklist



- ☐  Ask for help without guilt
- ☐  Schedule one micro-break
- ☐  Set school off-hours
- ☐  Use respite / family support if available
- ☐  Connect with one parent group
- ☐  Celebrate parent effort, not perfection



Emergency reset plan



.....

.....

.....

.....



My non-negotiable self-care action this week



.....

.....

.....





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Parent Notes + Reflections



Use this page for thoughts, reminders, prayers, questions, therapist notes, or small wins you do not want to forget.



Notes 1



Notes 2



Notes 3



Notes 4



Notes 5



Notes 6



Notes 7



Notes 8



Additional Notes:





Helpful Resources for Parents

1

Apps & Visual Supports



- Choiceworks
- First Then Visual Schedule
- Goally
- Proloquo2Go
- Visual timer apps (e.g., Time Timer, Visual Timer)

2

Books

- *Toilet Training for Individuals with Autism or Other Developmental Issues* by Maria Wheeler
- *The Potty Journey* by Judith Coucouvanis
- *Ready Set Potty* by Brenda Batts
- *Potty Time* by Caroline Jayne Church



3

Useful Bathroom Accessories

- Reducer seat
- Potty chair
- Step stool
- Flushable wipes (if appropriate)
- Visual timer
- Reward chart
- Noise-reduction headphones
- Travel potty seat
- Easy-on clothing
- Basket for reinforcers



4

Video Ideas to Search



- Autism potty training social story
- Handwashing visual routine
- Public bathroom desensitization
- First-Then potty routine
- AAC request for toilet

5

Who Can Help?



- Pediatrician
- Occupational Therapist
- Speech Therapist
- BCBA / Behavior Specialist
- School Team



This guide supports families but does not replace medical advice.



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Final Encouragement



You are your child's
greatest teacher.



Every day you show up, adapt, advocate,
reset, and try again. That is not small work.
That is *sacred* work.



Connect



Reach out to ONE
support person or
community this week.



Celebrate



Name ONE thing
your child achieved
today.



Start



Pick ONE new
strategy to try
tomorrow.



My next right step



A word of encouragement for myself





Educational support only. For individualized medical, therapeutic,
legal, or educational decisions, consult qualified professionals
and your state homeschool requirements.





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You are not alone.
Support, guidance, and
community are here for you.



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