

WEBVTT

1 "Michelle sanko" (3847314688)

00:00:04.374 --> 00:00:13.134

Hello, and thank you for calling into sickness autism awareness series. My name's Michelle. I'm a care manager for our Austin specialty team. Those are the format of this call.

2 "Michelle sanko" (3847314688)

00:00:13.134 --> 00:00:27.474

Your line will remain muted throughout the entire youth seminar, but any questions received throughout the presentation will be through our Webex platform and will be answered at the present presenters discretion. However, we will have time at the end of the seminar as well for questions to answer.

3 "Michelle sanko" (3847314688)

00:00:27.894 --> 00:00:32.874

I should know that we will only be answering questions that are on topic for today's seminar.

4 "Michelle sanko" (3847314688)

00:00:33.805 --> 00:00:45.055

There will also be an option at the end to complete a short term survey as well. I handle for today's seminars available online at W. W. dot Sigma backslash dot com. Backslash autism.

5 "Michelle sanko" (3847314688)

00:00:45.385 --> 00:00:58.135

You scroll to the current topic section in the middle of the page, and click on today's topic, labeled toilet training and autism, or follow along throughout their Webex presentation. A recording will be available and finalized at the same website.

6 "Michelle sanko" (3847314688)

00:00:58.975 --> 00:01:08.485

Please note that not all policies cover today's topic and for more specific information of what your policy covers topics discussed in today's seminar,

7 "Michelle sanko" (3847314688)

00:01:08.725 --> 00:01:15.505

or any additional questions that are not on topic please contact the autism team by calling the number on the back of your insurance card.

8 "Michelle sanko" (3847314688)

00:01:16.375 --> 00:01:29.095

Today, I have the pleasure of introducing Kerry hillier. She is a BCBA LBA regional director in Seattle, Tacoma, Ohio. She's a board certified behavior analyst, and licensed behavioral analyst in

Seattle.

9 "Michelle sanko" (3847314688)

00:01:29.125 --> 00:01:42.325

She currently is a regional director for Ohio, serving Seattle in Tacoma, metro areas. Curious passionate about early intervention services and managing severe problems, behaviors, and children with autism and we're not working.

10 "Michelle sanko" (3847314688)

00:01:42.325 --> 00:01:45.715

Carrie loves to spend time gardening and relaxing with her husband and.

11 "Michelle sanko" (3847314688)

00:01:45.810 --> 00:01:50.130

Hidden copy so with that, I will have Carrie, take it away.

12 "Kerry Hillier" (864257280)

00:01:50.130 --> 00:02:04.890

Thank you Michelle. Hi, everyone. I'm like Michelle said my name is Carrie, and I'm thrilled to be chatting about toilet training today. We're going to talk about a path to success and getting kudos consistent and independent on the potty.

13 "Kerry Hillier" (864257280)

00:02:04.890 --> 00:02:13.915

So, let's jump in 1st, I worked for was a nationwide ABA organization.

14 "Kerry Hillier" (864257280)

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We are a team of 800 per professionals, behavioral analysts program, supervisors, BTS and admin, and we provide. provide

15 "Kerry Hillier" (864257280)

00:02:22.740 --> 00:02:26.640

Home based services center, based services and telehealth, but services.

16 "Kerry Hillier" (864257280)

00:02:26.640 --> 00:02:30.780

In addition to training consultation and school and community support.

17 "Kerry Hillier" (864257280)

00:02:32.550 --> 00:02:39.750

You can look check on our website at dot com to learn about where we're serving across the country and find out more.

18 "Kerry Hillier" (864257280)

00:02:39.750 --> 00:02:49.410

All right, so today we are going to talk about pilot training 1st, we're going to look at. Are you ready as the caregiver and is your child ready?

19 "Kerry Hillier" (864257280)

00:02:49.410 --> 00:02:52.680

We're going to discuss the rapid toilet training procedure.

20 "Kerry Hillier" (864257280)

00:02:52.680 --> 00:02:58.410

Talk about training, talk about nighttime training and then we'll certainly have time for question and answer at the end.

21 "Kerry Hillier" (864257280)

00:02:59.730 --> 00:03:03.840

All right are you ready and is your child ready.

22 "Kerry Hillier" (864257280)

00:03:04.345 --> 00:03:19.165

You are going to need a lot of materials in order to get ready for toilet training. It takes time to get prepared and get ready for implementing the procedures. You'll need a potty seat or a potty chair of some sort.

23 "Kerry Hillier" (864257280)

00:03:19.410 --> 00:03:31.620

Lots and lots of I recommend having your kid pick them out. What's cool. What's fun? What characters do they love? There might be a little bit of motivation in wearing them. Lots of preferred drinks and salty snacks.

24 "Kerry Hillier" (864257280)

00:03:32.125 --> 00:03:34.195

Activities to do while sitting on the potty,

25 "Kerry Hillier" (864257280)

00:03:34.225 --> 00:03:48.445

lots of cleaning materials you're going to need you're gonna want to find a special reinforcer reward and we'll talk in detail about what this looks like that's going to be for successful boys in the toilet somewhere for you to sit,

26 "Kerry Hillier" (864257280)

00:03:48.445 --> 00:03:52.135

that's a little bit more comfortable. Instead of just squatting in front of your kid on the toilet.

27 "Kerry Hillier" (864257280)

00:03:52.410 --> 00:04:01.620

Potentially a clipboard data sheets to monitor progress across each

day and a timer so that you keep track of time. And how long kids are on the potty.

28 "Kerry Hillier" (864257280)

00:04:04.795 --> 00:04:19.225

Potty chair a big toilet. It doesn't matter. There's no rule. Um, it's really what is best for your child and for your family some pros to having a potty chair is they're small. They're movable. You can bring it into a room that you're using the cons with.

29 "Kerry Hillier" (864257280)

00:04:19.225 --> 00:04:33.265

It are for our learners often, have rigidity with transitions, lack of flexibility and struggle to generalize into new environment or with new materials. And so, when you think about moving from a little potty chair to a big toilet, that can be really tricky for some of our.

30 "Kerry Hillier" (864257280)

00:04:33.360 --> 00:04:45.449

Partners for the bank toilet, there's no need for that to worry about that generalization because most big toilets look the same across environments give or take a few pieces. The cons is that they're still scary.

31 "Kerry Hillier" (864257280)

00:04:45.449 --> 00:04:59.214

Um, I know that my nephew is terrified about falling in, um, and I think that's a valid concern. So thinking maybe something this is an inset into the potty for a little bit smaller bumps but really it's up to your child and up to you on.

32 "Kerry Hillier" (864257280)

00:04:59.214 --> 00:05:01.134

What's gonna be easiest and most convenient.

33 "Kerry Hillier" (864257280)

00:05:03.899 --> 00:05:10.319

All right, some prerequisites for if your child is really ready to begin toilet training can keto.

34 "Kerry Hillier" (864257280)

00:05:10.319 --> 00:05:16.769

Sit on the toilet for at least 15 minutes without complaining. Of course, they could be chatting looking at a book.

35 "Kerry Hillier" (864257280)

00:05:16.769 --> 00:05:21.449

But are they able to sit and stay on the toilet without a bunch of problem behavior?

36 "Kerry Hillier" (864257280)

00:05:22.254 --> 00:05:33.234

Can they pull their pants up and down independently get on and off the toilet without a support? Do they follow directions from you or other caregivers? Most of the time we certainly don't expect full blown compliance.

37 "Kerry Hillier" (864257280)

00:05:33.774 --> 00:05:41.484

And I think most importantly, are they aware of soiled diapers and soil clothes? Do they know when they're wet or they need a change?

38 "Kerry Hillier" (864257280)

00:05:41.819 --> 00:05:45.269

Those are going to be bigger big tells for if your kids ready.

39 "Kerry Hillier" (864257280)

00:05:47.249 --> 00:05:58.139

If they're not ready, and 1 of the main reasons is resisting to sitting on the toilet because it is a little scary or it's new. We want to use something called a Pre training, shaping procedure.

40 "Kerry Hillier" (864257280)

00:05:59.034 --> 00:06:13.914

Is this same as shaping procedures you would use for teaching a lot of new skills or building up compliance to new skills we systematically introduced and reinforced each of these steps along the way. So, 1st, we're just going to walk by the body.

41 "Kerry Hillier" (864257280)

00:06:14.219 --> 00:06:20.579

What's up Patty, you're there. I'm here were existing in the same environment then. Maybe we're going to touch the potty.

42 "Kerry Hillier" (864257280)

00:06:20.844 --> 00:06:34.104

Then we're going to sit on the party with close on then with just undies on and each of these steps we're reinforcing. So, we're giving access to high levels of praise a preferred item or reward for saying you are doing, what is expected for you to be doing.

43 "Kerry Hillier" (864257280)

00:06:34.704 --> 00:06:37.764

Then we're going to sell the party with underwear on for up to a whole minute.

44 "Kerry Hillier" (864257280)

00:06:38.009 --> 00:06:51.509

Then sit on the potty with a bare bum and then we want to extend that time sitting on the potty up to about 10 or 15 minutes. This might

take a day. This might take multiple days. You'll know, based on your child's behavior where they'll land.

45 "Kerry Hillier" (864257280)

00:06:51.509 --> 00:07:03.239

But it's going to be important to build up their confidence sitting on the toilet and really comfortable being comfortable on it because if they're protesting at this point, they're not ready for sitting on the toilet for toilet training.

46 "Kerry Hillier" (864257280)

00:07:04.889 --> 00:07:08.999

All right, we are going to talk a lot about the rapid toilet training procedure.

47 "Kerry Hillier" (864257280)

00:07:13.949 --> 00:07:26.999

All right, so that, we, there are 2 procedures that we use in behavior analysis and across the board when we're teaching a lot of our learners to use the potty. The 1st, 1, is that rapid training procedure and the 2nd 1 is called the scheduled procedure.

48 "Kerry Hillier" (864257280)

00:07:26.999 --> 00:07:31.169

The rapid toilet training procedure. Our is the method.

49 "Kerry Hillier" (864257280)

00:07:32.154 --> 00:07:41.454

Where majority of the day is spent in the bathroom you are going to be with your kid in the bathroom all day every day they're going to be sitting on the toilet really?

50 "Kerry Hillier" (864257280)

00:07:41.454 --> 00:07:53.694

Until they void, or until they really need a break and the interval of when they're off the toilet off the potty or off the toilet is systematically increased over time with the schedule of procedure.

51 "Kerry Hillier" (864257280)

00:07:53.964 --> 00:08:01.104

This is where we're going to collect data prior to starting the, the procedure when they're still in a diaper on. When are they frequently voiding?

52 "Kerry Hillier" (864257280)

00:08:01.169 --> 00:08:04.679

So, we're going to get baseline data on are they.

53 "Kerry Hillier" (864257280)

00:08:04.679 --> 00:08:11.789

When are they generally going to the bathroom so we have an idea when we need to take them and then we're going to build their scheduled sits.

54 "Kerry Hillier" (864257280)

00:08:12.294 --> 00:08:22.134

Uh, based on that data, so if they're consistently going to the bathroom in the mornings at 830 am, we're gonna take them around. 830 am to go successfully use the to party and we're going to sit for a predetermined interval.

55 "Kerry Hillier" (864257280)

00:08:22.134 --> 00:08:31.944

5, to 7 minutes is usually standard and then get off for a break until the next interval. Or next time to sit, we'll talk a little bit more about that in a bit. a bit

56 "Kerry Hillier" (864257280)

00:08:34.379 --> 00:08:38.549

All right. Fluid consumption with.

57 "Kerry Hillier" (864257280)

00:08:38.549 --> 00:08:45.299

Your child should drink extra fluids during this time eliminate orange juice apple juice. Um.

58 "Kerry Hillier" (864257280)

00:08:45.299 --> 00:08:50.309

Water if that's all they're wanting, but we want it to be yemi and we want them to want to be drinking.

59 "Kerry Hillier" (864257280)

00:08:51.684 --> 00:09:02.334

This drinks should be free access they should have it next to them at all times. They don't need to be asking for it. So, if it is a bit of a treat to have juice that you can water it down with paper, download it with water.

60 "Kerry Hillier" (864257280)

00:09:02.334 --> 00:09:14.274

If you need to, but we want them to be thirsty, and we want them to be wanting their drink, the increased fluid intake results in frequent urination and more opportunities to practice bladder control.

61 "Kerry Hillier" (864257280)

00:09:14.274 --> 00:09:19.944

We are creating in establishing operating or creating motivation to need to use the bathroom.

62 "Kerry Hillier" (864257280)

00:09:20.249 --> 00:09:34.529

And then to make sure that they stay thirsty and don't totally satiate on drinking, salted pretzels chips, crackers, hold fish, whatever it be to increase their desire to drink. So that they're getting that fluid.

63 "Kerry Hillier" (864257280)

00:09:34.529 --> 00:09:43.019

The flooding of fluids often next we're going to want to identify.

64 "Kerry Hillier" (864257280)

00:09:43.019 --> 00:09:51.299

Reinforcer and rewards this is before you start with procedure. So 1st, what is a reinforcer? A reinforcer is an item.

65 "Kerry Hillier" (864257280)

00:09:51.299 --> 00:09:59.759

Activity or experience that increases the likelihood of the behavior that we want to see in occurring again over time. So.

66 "Kerry Hillier" (864257280)

00:09:59.759 --> 00:10:09.749

A lot of popular suggestions, a special treat, a quick video on YouTube, favorite iPad app for a few minutes, little toy, sensory activities, whatever it be.

67 "Kerry Hillier" (864257280)

00:10:10.494 --> 00:10:25.284

In my experience inevitable is the easiest thing to you. So it doesn't have to be a big old cookie, but maybe a criminal cookie Hershey's kids at Eminem literally half of an Eminem or a mini. Eminem tend to be the easiest because it not truly goes away.

68 "Kerry Hillier" (864257280)

00:10:25.494 --> 00:10:27.984

We know with a lot of our learners, there can be.

69 "Kerry Hillier" (864257280)

00:10:28.259 --> 00:10:35.249

In flexibility, giving things up so if they have their favorite toy or iPad app in the whole world.

70 "Kerry Hillier" (864257280)

00:10:35.694 --> 00:10:50.514

And then they have to give it back to you after 1 minute. That's tough. And could cause tantrum behavior. So, if that food, or the treat naturally goes away, we love that because there's no need to get into a fight but you'll want to work with your child on. What's really motivating to them.



71 "Kerry Hillier" (864257280)

00:10:50.514 --> 00:10:56.094

What is something that they certainly love and that you can restrict access to only for toilet training?

72 "Kerry Hillier" (864257280)

00:10:58.919 --> 00:11:07.799

So now we're gonna get ready to go, you've identified your reinforcer, you have the right party you're feeling ready or kiddo can sit there for long enough.

73 "Kerry Hillier" (864257280)

00:11:07.799 --> 00:11:16.079

We're going to have them sitting on the potty as much as possible during the hours that have been designated to following the protocol. So.

74 "Kerry Hillier" (864257280)

00:11:16.079 --> 00:11:30.114

They are going to be flooded with liquids playing with toys on the potty and sitting and waiting for a void. It should be fun. It should be engaging. We don't want it to be boring because we don't want them to want to get off the party.

75 "Kerry Hillier" (864257280)

00:11:30.114 --> 00:11:44.334

So, DVDs, that's probably a little outdated now, videos on your phone or your iPad is probably more realistic preferred toys, books. Songs. Bubbles are fantastic puzzles that they can do on their lap.

76 "Kerry Hillier" (864257280)

00:11:44.364 --> 00:11:45.954

All of these things to kind of keep them in.

77 "Kerry Hillier" (864257280)

00:11:46.079 --> 00:11:48.419

Engaged while they're waiting for avoid.

78 "Kerry Hillier" (864257280)

00:11:53.699 --> 00:12:08.339

They might end up sitting for a few hours before they end up actually having a successful void in the potty. Ideally, they're going to sit continuously. We know this isn't terribly realistic. Um, not all kids can just sit there all day every day.

79 "Kerry Hillier" (864257280)

00:12:08.339 --> 00:12:15.809

So, if they need a break, that's okay. We want this to be a positive experience, but we want them to come off the party. Uh.

80 "Kerry Hillier" (864257280)

00:12:16.794 --> 00:12:31.554

With under your control, so we don't want them to be coming off of it after an episode, or when they're feeling frustrated, but rather when they're calm and they're just getting off the potty for a general break. So, if needed, you might have them do some motor instructions, like, copy me.

81 "Kerry Hillier" (864257280)

00:12:31.799 --> 00:12:39.299

Touch your nose answer a few questions if they're able to, or simply asked to get off for a few minutes and that's okay.

82 "Kerry Hillier" (864257280)

00:12:41.669 --> 00:12:53.579

Um, immediately so, so when you're reinforcing successful voids in the bathroom, um, you want to deliver that item.

83 "Kerry Hillier" (864257280)

00:12:53.579 --> 00:12:56.909

And exaggerated praise, so.

84 "Kerry Hillier" (864257280)

00:12:56.909 --> 00:13:06.899

This should be a praise statement that is something where it's behavior specific. So we're saying you peed in the potty.

85 "Kerry Hillier" (864257280)

00:13:06.899 --> 00:13:11.039

You on the party, whatever it is on the party.

86 "Kerry Hillier" (864257280)

00:13:11.214 --> 00:13:25.674

And immediate access, we're talking within half a 2nd of that preferred item. So of that edible of that video starting, not just getting the iPad out. Um, so that they are pairing the completion of the void with access to the reinforcer.

87 "Kerry Hillier" (864257280)

00:13:25.674 --> 00:13:27.924

So that we are increasing the likelihood of them.

88 "Kerry Hillier" (864257280)

00:13:28.649 --> 00:13:35.099

Voiding in the future on the potty 1 little thing to know if you're like me and you're very loud.

89 "Kerry Hillier" (864257280)

00:13:35.424 --> 00:13:45.234

You get excited about all the things. Certainly wait until your child

is done voiding because it does startle kids from time to time and then it might disrupt their flow. And we don't want that.

90 "Kerry Hillier" (864257280)

00:13:45.564 --> 00:13:51.324

We want them to have a successful full void in the body and then get access to their preferred item.

91 "Kerry Hillier" (864257280)

00:13:57.209 --> 00:14:11.994

Some more reinforcement tips, it's Super Duper important that the days leading up to the training and throughout toilet training that your child only gets that designated item or edible when they complete a successful avoid in the toilet.

92 "Kerry Hillier" (864257280)

00:14:12.629 --> 00:14:20.009

Don't worry about them becoming hung up on it, or obsessed with it are unable to fade it. We will have a fade out plan for the.

93 "Kerry Hillier" (864257280)

00:14:20.009 --> 00:14:25.769

For the item it's used initially, because we're literally teaching pee in the potty.

94 "Kerry Hillier" (864257280)

00:14:25.769 --> 00:14:28.919

Equals good things. Fun things. Things I alive.

95 "Kerry Hillier" (864257280)

00:14:28.919 --> 00:14:39.779

We are conditioning that to being what is expected, and we have to literally teach them what is being expected. So we want to use a condition reinforced or to do. So.

96 "Kerry Hillier" (864257280)

00:14:39.779 --> 00:14:49.619

There's going to be times if it takes a little longer where some kids might become bored by their reinforcer, have some backup items have some other preferred candies that, you know, about hidden.

97 "Kerry Hillier" (864257280)

00:14:49.619 --> 00:15:02.639

Or ready to be pulled out later in the week, and you can absolutely switch them out as long as it's Super motivating for the learner and they're only getting access for that void. Go ahead and switch it out. If it needs to be switched out.

98 "Kerry Hillier" (864257280)

00:15:08.009 --> 00:15:12.029

Like, we talked about kept out of child's reach, um.

99 "Kerry Hillier" (864257280)

00:15:12.414 --> 00:15:21.414

Throughout the procedure, but please make sure that all adults implementing the protocol. Know where they're being stored. This is 1 of the biggest places. I see. Families fall off.

100 "Kerry Hillier" (864257280)

00:15:21.984 --> 00:15:36.144

Is that dad's at home, doing toilet training for the week or the weekend mom gets home from work. And she's running the protocol when she's home, and she doesn't know where the reinforcer is kid voice and then there's a delay to access. That's a total bummer.

101 "Kerry Hillier" (864257280)

00:15:36.144 --> 00:15:41.934

Because then the kid's not contacting that immediate reinforcer. So anyone any caregiver running the program.

102 "Kerry Hillier" (864257280)

00:15:42.029 --> 00:15:46.499

To know where you're keeping the edibles or excuse me the reinforced or rather.

103 "Kerry Hillier" (864257280)

00:15:46.499 --> 00:15:54.629

Um, it's great idea to keep them in 1 location. Maybe keep them in the bathroom up high in the medicine cabinet under the sink. Whatever it is.

104 "Kerry Hillier" (864257280)

00:15:54.629 --> 00:16:00.269

As long as the other, the is not get sneaking in there and getting it throughout the week. Um.

105 "Kerry Hillier" (864257280)

00:16:00.269 --> 00:16:08.129

I like to recommend in a box, like a clear box in the medicine cabinet, or on the top of a shelf. If you have access to that.

106 "Kerry Hillier" (864257280)

00:16:08.129 --> 00:16:17.039

Um, and if the kid can see it and using it a clear container, that's always just a really natural and clear way for them to have that visual reminder of.

107 "Kerry Hillier" (864257280)

00:16:17.039 --> 00:16:25.379

What they get when they void you go in the party, you get an Eminem,

it's going to be a really nice, just visual tip for them.

108 "Kerry Hillier" (864257280)

00:16:29.124 --> 00:16:41.184

All right, after avoiding, so once your child has flushed the toilet, we're going to let them out of the bathroom for a few minutes. We're gonna give that real break, wash their hands. What not and then we're gonna have a bear bottomed break.

109 "Kerry Hillier" (864257280)

00:16:41.544 --> 00:16:49.014

This says in the play room, it can be anywhere it can be in the bathroom. If that's easiest. It can be in the kitchen. If that's where your bathroom is located next to the kitchen.

110 "Kerry Hillier" (864257280)

00:16:49.289 --> 00:16:55.739

Just make sure that it's as near as possible for 5 or 10 minutes so that they can take a little break.

111 "Kerry Hillier" (864257280)

00:16:55.739 --> 00:17:09.449

And then we still want to be pushing fluids during this time after that 5 or 10 minute break, we're going to go back to the party to try again. We're just going to keep doing this because we want to get as many successful avoids in the body as possible.

112 "Kerry Hillier" (864257280)

00:17:11.514 --> 00:17:26.274

We recommend different lengths of breaks other than 5 minutes. That's not a rule. I said, 5 or 10 it'll be based off of your child. How much have they gone? How long are they spitting for each time? Do they need a little longer break? So, we'll, you'll learn that kind of based on.

113 "Kerry Hillier" (864257280)

00:17:26.579 --> 00:17:30.359

What happens that 1st, day on what that break needs to look like?

114 "Kerry Hillier" (864257280)

00:17:30.359 --> 00:17:33.419

Um, and within those 1st hours.

115 "Kerry Hillier" (864257280)

00:17:36.389 --> 00:17:39.389

All right, so let's talk about breaks and a little bit more detail here.

116 "Kerry Hillier" (864257280)

00:17:40.134 --> 00:17:48.504

During those breaks 5 minutes, 10 minutes, whatever it is, you do need

to keep an eye on your kid, um, when throughout the body, because remember they're bare bones and we are toilet trading.

117 "Kerry Hillier" (864257280)

00:17:48.534 --> 00:17:55.164

So, there are going to be accidents if they start to do the or some other antecedent behavior.

118 "Kerry Hillier" (864257280)

00:17:55.439 --> 00:18:09.959

You want to quickly ask them do you need to go potty and rush them to the bathroom? We're not going to wait for them to answer. We're going to look at those signs. They're pulling, they're shaking and we're going to rest of the bathroom plot them on the toilet and say.

119 "Kerry Hillier" (864257280)

00:18:09.959 --> 00:18:14.519

You know, go pee in the party if they've started to pee.

120 "Kerry Hillier" (864257280)

00:18:15.929 --> 00:18:26.549

It is not in the world. We are going to still say, wait, go pee in the party, pop them on the toilet. If they're able to successfully complete the void in the toilet.

121 "Kerry Hillier" (864257280)

00:18:26.549 --> 00:18:37.914

That's fantastic. So we still will deliver the designated reinforcer because finishing the process of successfully waiting in the toilet negates that initial accident.

122 "Kerry Hillier" (864257280)

00:18:38.274 --> 00:18:42.024

So, if they can get a completed in there, we're still staying.

123 "Kerry Hillier" (864257280)

00:18:42.269 --> 00:18:46.679

You finished it in the potty we want to reinforce that part of the behavior.

124 "Kerry Hillier" (864257280)

00:18:46.679 --> 00:18:55.229

You know, earlier when I said, when you're celebrating the void don't startle your learner, don't startle your child by celebrating too hard.

125 "Kerry Hillier" (864257280)

00:18:55.229 --> 00:19:04.649

In these situations that tactic might work to actually disrupt the flow so they can get to the party and have a completed success. So.

126 "Kerry Hillier" (864257280)

00:19:04.649 --> 00:19:13.739

When you see them starting to pee, say, wait, wait, hold in the potty. Maybe say it a little louder. Don't scare them, but see it a little louder than you normally would.

127 "Kerry Hillier" (864257280)

00:19:13.739 --> 00:19:27.749

Uh, stand up baby and alert them, because that might disrupt them enough to be able to get to the toilet successfully and to finish their void without dribbling all across the floor when you're getting there. Just a little tick. Uh.

128 "Kerry Hillier" (864257280)

00:19:27.749 --> 00:19:34.499

Uh, trick that I like to use or tell families about keeping your back pocket. If you do see that accident happening.

129 "Kerry Hillier" (864257280)

00:19:36.539 --> 00:19:42.389

All right, so moving on, um, how do you know when you can kind of fade out and move on.

130 "Kerry Hillier" (864257280)

00:19:42.389 --> 00:19:55.319

This will be when children are successfully initiating after several times, you can make it move to the less intensive procedure, which will be that scheduled sit plan that we're going to talk about in a minute here.

131 "Kerry Hillier" (864257280)

00:19:56.574 --> 00:20:05.364

You then won't be needing to push a ton of extra fluids. You can set the interval on the potty to only 5 or 7 minutes.

132 "Kerry Hillier" (864257280)

00:20:05.394 --> 00:20:17.574

You might get a 30 to 60 minute window of being off the body and that interval will continue to be increased. As long as the child's not continuously having accidents. Self initiating.

133 "Kerry Hillier" (864257280)

00:20:17.574 --> 00:20:25.314

Might look like saying, I need to go to the bathroom self initiated meet. Might be the child taking themselves to the bathroom independently exchange.

134 "Kerry Hillier" (864257280)

00:20:25.319 --> 00:20:35.519

A picture icon walking over to the toilet to kind of initiate that. They're in that direction using a sign. It's going to look different for all of our kids, but you'll know your child best and knowing.

135 "Kerry Hillier" (864257280)

00:20:35.519 --> 00:20:41.009

When they are saying, they're queuing into my body needs to go potty so I need to get myself there.

136 "Kerry Hillier" (864257280)

00:20:44.999 --> 00:20:56.669

So this is a sample data sheet for our you'll see, the dates are the same across the top. So, because we're doing lots of trials every single day. Um, and we are looking at.

137 "Kerry Hillier" (864257280)

00:20:56.669 --> 00:21:11.189

Was there an accident before the trial started? Was this self initiated? When did they sit there? How long did they sit for? How long did they pay for or mention me? When did they pay and the duration of the break how long did they have that? Break for.

138 "Kerry Hillier" (864257280)

00:21:11.189 --> 00:21:15.299

This will just really help, you know, when you need to start increasing the times.

139 "Kerry Hillier" (864257280)

00:21:15.299 --> 00:21:19.919

For their sits wanting you to start initiating the.

140 "Kerry Hillier" (864257280)

00:21:19.919 --> 00:21:24.029

toileting procedure each day um.

141 "Kerry Hillier" (864257280)

00:21:24.029 --> 00:21:27.689

And it'll give you kind of a sense of when our kids needing to use the bathroom.

142 "Kerry Hillier" (864257280)

00:21:28.889 --> 00:21:33.089

All right, so now the scheduled procedure.

143 "Kerry Hillier" (864257280)

00:21:33.089 --> 00:21:41.459

Schedule a procedure starts with collecting what we call baseline data to determine how often a child is voiding.

144 "Kerry Hillier" (864257280)



00:21:41.459 --> 00:21:54.719

You're going to begin to take your child to the potty slightly before that interval. So if you take data for a week, when your child's still in diapers, and you see that, they're consistently going around 830 in the morning or so.

145 "Kerry Hillier" (864257280)

00:21:54.719 --> 00:22:00.629

You're going to take them just before 830 to then prepare for their sit on the potty.

146 "Kerry Hillier" (864257280)

00:22:00.629 --> 00:22:13.139

Ideally, they're going to sit there until they void because what we don't want is who we know they consistently go at 830. we don't want to get off at 840 and immediately have P on the floor. However.

147 "Kerry Hillier" (864257280)

00:22:13.139 --> 00:22:20.729

If there's a little bit more reliability to their peeing, you can have them sit for 5 to 7 minutes and if they don't go, then they can go take their break.

148 "Kerry Hillier" (864257280)

00:22:23.639 --> 00:22:29.099

Accidents are going to happen, um, if an accident happens.

149 "Kerry Hillier" (864257280)

00:22:29.099 --> 00:22:36.599

We're going to rush them back to the toilet. We're going to use that verbal statement of P or P or whatever it is in the toilet just pretty neutral.

150 "Kerry Hillier" (864257280)

00:22:36.599 --> 00:22:45.839

And then we're going to follow any completion on the toilet with that positive reinforcement. This is the same as the procedure. If they finish their.

151 "Kerry Hillier" (864257280)

00:22:45.839 --> 00:22:50.639

Urine or their void on the toilet, make sure that you still give them that tangible.

152 "Kerry Hillier" (864257280)

00:22:51.749 --> 00:23:03.599

If they have a full accident that you don't catch, they can stay off the toilet until their next scheduled sick time. So, if they're on a 30 minute set schedule, and they have an accident around 830.

153 "Kerry Hillier" (864257280)

00:23:03.599 --> 00:23:08.429

They don't have to go back until 9. we're not going to keep them on the potty. If they've completely avoided.

154 "Kerry Hillier" (864257280)

00:23:12.659 --> 00:23:20.429

Here's an example of a baseline data sheet for the schedule procedure and this will be really important to do before you start the procedure.

155 "Kerry Hillier" (864257280)

00:23:20.429 --> 00:23:29.969

Cause it's going to tell you at the time of the day and whether or not, they were wet or dry and you're going to get a sense of when are they reliably using the pot or needing to be in their diaper?

156 "Kerry Hillier" (864257280)

00:23:29.969 --> 00:23:36.689

And avoiding this will tell you when do you need to start your schedule?

157 "Kerry Hillier" (864257280)

00:23:36.689 --> 00:23:48.539

And when do you need your intervals to be? And then Here's an example of a data sheet for.

158 "Kerry Hillier" (864257280)

00:23:48.539 --> 00:23:52.739

Once you're out of baseline and you've started what time of day are you starting.

159 "Kerry Hillier" (864257280)

00:23:52.739 --> 00:23:56.879

Or the pants was a diaper water dry to start with and then the next.

160 "Kerry Hillier" (864257280)

00:23:56.879 --> 00:24:10.404

Interval would be or the pants water drive. Did they urinate on the potty? Did they happen to have a BM on the potty? And the number of minutes they were sitting for just allows you to keep track. Here's a little bit more comprehensive data sheet.

161 "Kerry Hillier" (864257280)

00:24:10.884 --> 00:24:14.604

That will be what you might want to utilize as they increase independence.

162 "Kerry Hillier" (864257280)

00:24:15.149 --> 00:24:26.669

It includes getting themselves to the bathroom pulling down their pants independently pulling up their pants, washing their hands. So, for kids that are working on an entire task analysis, or that, you want to see completing the whole routine.

163 "Kerry Hillier" (864257280)

00:24:26.669 --> 00:24:30.869

As independently as possible, this is an example of a data sheet that you might use for that.

164 "Kerry Hillier" (864257280)

00:24:35.069 --> 00:24:38.609

All right let's talk about bow training.

165 "Kerry Hillier" (864257280)

00:24:41.519 --> 00:24:45.149

So, we are going to collect the data.

166 "Kerry Hillier" (864257280)

00:24:45.444 --> 00:24:53.004

Similar to, we're dealing with the set schedule on when those BMS are most likely to occur. So when are they going in their diaper most likely?

167 "Kerry Hillier" (864257280)

00:24:53.334 --> 00:25:07.194

It is probably going to take a few weeks for this for you to get the data you need, and we're going to use something called looking for temporal patterns in a scatter plot, which means we're looking for the time of day in which the child is.

168 "Kerry Hillier" (864257280)

00:25:07.194 --> 00:25:09.234

Most reliably having a BM.

169 "Kerry Hillier" (864257280)

00:25:11.159 --> 00:25:15.059

The reason why I say it might take a couple weeks is because.

170 "Kerry Hillier" (864257280)

00:25:15.059 --> 00:25:22.409

Some kids aren't regular, um, especially some of our learners with autism. We know that there's some gut bell issues and.

171 "Kerry Hillier" (864257280)

00:25:22.409 --> 00:25:32.489

Or there may be, and it might be a few days between when they have a VM and you're going to want multiple days of data before you implement this procedure.

172 "Kerry Hillier" (864257280)

00:25:33.599 --> 00:25:41.814

Here's an example of a scatter plot data sheet. You'll see the weeks are on the bottom time across the day. On the left there.

173 "Kerry Hillier" (864257280)

00:25:42.084 --> 00:25:51.894

No, I access and then each data point and this keto is consistently having a bowel movement between around 830 and 930 a. M. a m

174 "Kerry Hillier" (864257280)

00:25:52.199 --> 00:25:56.789

So, we can be planful on when we.

175 "Kerry Hillier" (864257280)

00:25:56.789 --> 00:26:03.479

Start the BM training, knowing that they are reliably having it around. 93,930 am.

176 "Kerry Hillier" (864257280)

00:26:08.039 --> 00:26:12.569

How similar to urination training? You're going to identify that 1 strong.

177 "Kerry Hillier" (864257280)

00:26:12.569 --> 00:26:22.679

Reinforce her, you're going to take your child about 20 minutes prior to the time of the interval that they're likely to have about movement. So, using the data from.

178 "Kerry Hillier" (864257280)

00:26:22.679 --> 00:26:28.379

The previous data sheet, we would take them around 810 or 815 or so.

179 "Kerry Hillier" (864257280)

00:26:28.379 --> 00:26:32.399

Um, and pop them on the toilet there we want them to sit for 10 minutes.

180 "Kerry Hillier" (864257280)

00:26:32.399 --> 00:26:37.529

And then they can get up for a few minutes, um, and take a break.

181 "Kerry Hillier" (864257280)

00:26:37.529 --> 00:26:52.259

But still in the bathroom, or near the bathroom with toys if 10 minutes isn't reliable realistic for your learner right now, you can certainly do a 5 minutes it but we really want to get them time to relax. So that their bowels can relax and actually produce a.

182 "Kerry Hillier" (864257280)

00:26:53.729 --> 00:27:01.949

Verbal interactions on the toilet consist of friendly reminders things like remember go pool in the body who goes in the toilet.

183 "Kerry Hillier" (864257280)

00:27:01.949 --> 00:27:06.749

Because you based on your data should know that they really should be needing to use.

184 "Kerry Hillier" (864257280)

00:27:06.749 --> 00:27:16.949

Take a PM at that time if the BM occurs, reinforcer should be delivered by company by that behavior. Specific praise.

185 "Kerry Hillier" (864257280)

00:27:16.949 --> 00:27:21.929

Well, you did it, you put that in the toilet access to that tangible.

186 "Kerry Hillier" (864257280)

00:27:21.929 --> 00:27:33.839

If it doesn't occur, pump the child did look in the toilet and say something like no booboo. Okay. A neutral phrase. We're not making a big deal of it. We're not making them feel bad about it.

187 "Kerry Hillier" (864257280)

00:27:33.839 --> 00:27:41.789

And then we'll prompt them out of the bathroom something to note. Um.

188 "Kerry Hillier" (864257280)

00:27:41.789 --> 00:27:46.409

Diet really promote successful training.

189 "Kerry Hillier" (864257280)

00:27:46.674 --> 00:27:50.994

Foods that are written the fiber and control constant patient by retaining fluids,

190 "Kerry Hillier" (864257280)

00:27:51.654 --> 00:28:02.724

keeping them as soft and easily possible choosing those high fiber foods like cereal broccoli prunes pairs are great options and remembering to use fiber, rich meals.

191 "Kerry Hillier" (864257280)

00:28:03.114 --> 00:28:13.674

We'll support potty training and make it just physically easier for your child and then ultimately you as well. It's also a really great way to introduce healthy foods into kids diets.

192 "Kerry Hillier" (864257280)

00:28:16.044 --> 00:28:24.024

Some medical information to consider here. What supplements are your child on? What medications are they on and do those medications or supplements?

193 "Kerry Hillier" (864257280)

00:28:24.054 --> 00:28:36.234

Cause constipation if so and it's becoming a barrier definitely talk to your pediatrician about over the counter options such as laxatives or what? Not too.

194 "Kerry Hillier" (864257280)

00:28:36.539 --> 00:28:42.449

Support a clean bowel movement so do be mindful of that before you jump in.

195 "Kerry Hillier" (864257280)

00:28:42.449 --> 00:28:49.199

Because if the potato just can't produce a reliable bowel movement, because of the meds are on, we hate to put them through the process and not see success.

196 "Kerry Hillier" (864257280)

00:28:50.789 --> 00:28:54.179

Okay, let's jump into some nighttime training.

197 "Kerry Hillier" (864257280)

00:29:01.769 --> 00:29:16.224

So nighttime training things to consider is your child staying dry throughout the day with ease are they waking up dry with a dry diaper or dry pull up majority of their weeks if so they're probably ready to go I know. It can be scary.

198 "Kerry Hillier" (864257280)

00:29:16.614 --> 00:29:28.374

Um, but we know that 66 of kids under the under 3 years old, have nighttime control, and almost 75% of kids under the age of 4 years old, have nighttime control. have nighttime control

199 "Kerry Hillier" (864257280)

00:29:29.129 --> 00:29:35.849

The physical ability to hold your in for long periods of time, and the bladder to brain nerve signal strength.

200 "Kerry Hillier" (864257280)

00:29:35.849 --> 00:29:46.019

Um, it alerts a child to wake up and P are dependent on or those that are age dependent, but once you're could always 3 or 4 years old, and they are.

201 "Kerry Hillier" (864257280)

00:29:46.019 --> 00:29:50.849

Staying drive throughout the day and we're consistently waking up with a dry.

202 "Kerry Hillier" (864257280)

00:29:50.849 --> 00:29:53.969

Pull up or diaper that are probably ready to give it a shot.

203 "Kerry Hillier" (864257280)

00:29:57.149 --> 00:30:06.269

It's important to remind yourself and your kid that accidents will happen. Um, and you got to protect that mattress. Um, so some strategies to.

204 "Kerry Hillier" (864257280)

00:30:06.269 --> 00:30:17.099

Decreasing the likelihood of accidents occurring a few hours before bedtime start, limiting fluid intake that usually means no drinks after dinner time. Um.

205 "Kerry Hillier" (864257280)

00:30:17.099 --> 00:30:23.909

In limiting that beside the bed water cup and you definitely definitely want your kiddo to.

206 "Kerry Hillier" (864257280)

00:30:23.909 --> 00:30:30.419

Use the potty, right before bed and time and have a full void, avoid any.

207 "Kerry Hillier" (864257280)

00:30:30.419 --> 00:30:38.759

Start implementing that practice for that before bedtime, going to the potty and having a full boy, even when they're still in diapers. So that's just part of their evening routine.

208 "Kerry Hillier" (864257280)

00:30:40.349 --> 00:30:43.379

All right tips for generalizations.

209 "Kerry Hillier" (864257280)

00:30:44.034 --> 00:30:56.244

It's always better to do a train in the bathroom they're going to use during their day, or most often during their days, the most frequently used toilet in the home. It's really great when you can encourage to take care providers or schools to help generalizing these skills.

210 "Kerry Hillier" (864257280)

00:30:56.244 --> 00:30:59.364

So, if you're doing a protocol from 9 to noon, and then they have preschool.

211 "Kerry Hillier" (864257280)

00:30:59.609 --> 00:31:08.759

From 1, to 4 telling your daycare provider, what you're working on so that they can implement as well and help generalize and have practiced opportunities to using the pie.

212 "Kerry Hillier" (864257280)

00:31:09.144 --> 00:31:23.814

In a different environment, if accidents are occurring in the community setting, you might want to use a positive reinforcement system, like a token system. So that could they could be due happening due to rigidity around using a new toilet.

213 "Kerry Hillier" (864257280)

00:31:24.264 --> 00:31:25.164

So, using a.

214 "Kerry Hillier" (864257280)

00:31:25.529 --> 00:31:32.609

Token of we go into the potty and try get access to a token and then they can have access to a reward at home.

215 "Kerry Hillier" (864257280)

00:31:32.609 --> 00:31:43.319

And then, once accidents dropped to 0 or near 0 consistently. So we like to say 1 or less accidents per week for 3 consecutive weeks kind of our.

216 "Kerry Hillier" (864257280)

00:31:43.319 --> 00:31:56.909

Or go to metric for that, and they're on an appropriate schedule. So they're not need to use the sit on the toilet every 15 minutes, but maybe they're on a 23 hour set schedule. They can go back to their normal routines going down to the community.

217 "Kerry Hillier" (864257280)

00:31:56.909 --> 00:32:02.339

It's having that birthday party events independently whatever it be.

218 "Kerry Hillier" (864257280)

00:32:05.424 --> 00:32:15.714

Right. In summary tool training is not easy. Have graced with yourself have grace with your child and know that we know and that it's not easy.

219 "Kerry Hillier" (864257280)



00:32:16.164 --> 00:32:29.694

It does take time it does take effort and most importantly, it takes consistency from the caregiver for those reliable opportunities. Be patient do not be afraid to ask for help behavior. Analysts are some.

220 "Kerry Hillier" (864257280)

00:32:29.999 --> 00:32:44.909

Providers who are around to help you out and have more success. Um, and lastly, it doesn't just happen. We're literally teaching how to have a successful attempt on the party. Um, so it's going to take a little bit of time as it is a learning process.

221 "Kerry Hillier" (864257280)

00:32:47.369 --> 00:32:52.169

All right in your pocket, you'll see a list of resources from where we've gathered our data.

222 "Kerry Hillier" (864257280)

00:32:53.489 --> 00:32:56.034

And then I'd like to open it up for any questions or comments.

223 "Michelle sanko" (3847314688)

00:33:42.204 --> 00:33:51.834

Sorry, I was double muted, so welcome to Webex world. I was just reiterating that there aren't any questions right now on our.

224 "Michelle sanko" (3847314688)

00:33:52.194 --> 00:34:07.074

On our cyto portion, however, I just wanted to remind the audience that in our chat feature Sandy did put in how to submit your questions via slide. It looks like there are some coming through.

225 "Michelle sanko" (3847314688)

00:34:07.074 --> 00:34:21.324

So I will throw these on over to this slide carry the 1st. 1, the 1st question will be, how do you teach them to help clean up after they are done with the.

226 "Kerry Hillier" (864257280)

00:34:22.169 --> 00:34:23.879

Their business and the potty.

227 "Kerry Hillier" (864257280)

00:34:23.879 --> 00:34:26.879

Good question. Um.

228 "Kerry Hillier" (864257280)

00:34:26.879 --> 00:34:32.249

This is called positive practice when we implement cleaning up after.

229 "Kerry Hillier" (864257280)

00:34:32.249 --> 00:34:41.969

Oh, I guess I should clarify. Are you saying, cleaning up an accident or washing hands? I'm going to assume accident right now we call that positive.

230 "Michelle sanko" (3847314688)

00:34:41.969 --> 00:34:45.209

Sorry, go ahead or even sorry after.

231 "Kerry Hillier" (864257280)

00:34:45.234 --> 00:34:59.664

Just like, maybe wiping if there's any clarification that that would be helpful to but how do they clean up themselves after going for wiping, um, especially with our early learners or kids that are really new to this the experience it's gonna be a hand over hand.

232 "Kerry Hillier" (864257280)

00:34:59.664 --> 00:35:09.984

So, you're gonna hold put the toilet paper in their hand, and then put your hand on top of it and help them do the full motion and it'll take a little bit of time and really.

233 "Kerry Hillier" (864257280)

00:35:10.674 --> 00:35:23.844

I would say until kids are 5 or so they need some help getting a clean white, especially after a so just know that that they might try on their own after getting independent, but you might need to go in there and get a little clean.

234 "Kerry Hillier" (864257280)

00:35:23.994 --> 00:35:36.054

I also think wet wipes are a great option. If they're flexible, it can just get a little bit more going and just make sure they're teaching, especially with girls the right direction of how to wipe to avoid any urinary tract infections or anything.

235 "Kerry Hillier" (864257280)

00:35:36.624 --> 00:35:40.194

But hand over hand is what we use most video models.

236 "Kerry Hillier" (864257280)

00:35:40.199 --> 00:35:49.799

Those are a great options so showing a kid what it looks like there is a YouTube video about a teacher teaching, wiping with 2 balloons and it is fantastic. I have taught.

237 "Kerry Hillier" (864257280)

00:35:49.799 --> 00:36:03.269

Over 10 kids how to wipe successfully using this balloon technique. I

highly recommend looking at it. Um, it's hysterical and kids think it's hysterical and it really works. Um, so that's what I would suggest for cleaning themselves.

238 "Kerry Hillier" (864257280)

00:36:03.269 --> 00:36:13.319

After the party, let me see another 1. my son wants it on the potty for BM, but will freely go number 1.

239 "Kerry Hillier" (864257280)

00:36:13.494 --> 00:36:26.064

Any advice on, getting comfortable with just sitting and trying so hard and he's not the only 1. yes. The fact that he's going for number 1 is a great site. He knows he can listen to his body and he kind of knows the expectation.

240 "Kerry Hillier" (864257280)

00:36:26.364 --> 00:36:34.434

I find that for a lot of kids with BMS, it's scary. The idea of something kind of falling out of their body into the body is alarming.

241 "Kerry Hillier" (864257280)

00:36:35.604 --> 00:36:43.164

So, talking about it again, video models, if you have the relationship with your kid, and you're comfortable with it, letting them see, you flush.

242 "Kerry Hillier" (864257280)

00:36:43.319 --> 00:36:47.819

Doors down the parties, making to see it in there that it's no big deal that your state.

243 "Kerry Hillier" (864257280)

00:36:47.819 --> 00:36:53.969

Is always a good option and then giving free access to preferred items on the toilet.

244 "Kerry Hillier" (864257280)

00:36:53.969 --> 00:37:07.914

So, that he can try if he's really rigid, and he's 1 of those learners that will just throw, you know, he needs to have his pull up on to go to the bathroom and then go stand somewhere else something we've done in the past is a shaping procedure like, when we talked about earlier,

245 "Kerry Hillier" (864257280)

00:37:09.054 --> 00:37:19.794

where can we all walk up and touch the potty? But we'll do something with that with the diaper, pull up on where we'll go up to the potty, sit on it and try and have the BM in the bathroom with the polygon.

246 "Kerry Hillier" (864257280)

00:37:20.399 --> 00:37:23.489

Maybe have the BM in the bathroom, touching the toilet.

247 "Kerry Hillier" (864257280)

00:37:23.814 --> 00:37:35.604

Bm with the with the diaper sitting on the toilet things like that, so that you're shaping it that way and then ultimately going to the bathroom without the pull up on or with it around their legs. If it's a comfort thing.

248 "Kerry Hillier" (864257280)

00:37:36.234 --> 00:37:46.734

Otherwise continue to do what you're doing, which is just giving access, getting uncomfortable, having preferred items in there when, you know, he needs to use the bathroom.

249 "Kerry Hillier" (864257280)

00:37:47.069 --> 00:37:56.969

There are great strategies. Oh, good question about constipation plays a vital role for those autistic kids to avoid toileting.

250 "Kerry Hillier" (864257280)

00:37:56.969 --> 00:38:11.880

Is there any other sitting posture? That's a fantastic question. And you will say it is out of my scope of practice to answer that. That would be a great question for an occupational therapist, or a physical therapist.

251 "Kerry Hillier" (864257280)

00:38:11.880 --> 00:38:26.755

Um, from personal experience, using things, like squatter parties are exceptionally helpful with my family. Um, but I don't want to speak out of my scope of practice as far as posture. But I think you're onto something there.

252 "Kerry Hillier" (864257280)

00:38:27.115 --> 00:38:30.655

I would recommend asking an occupational or physical therapist.

253 "Kerry Hillier" (864257280)

00:38:34.800 --> 00:38:41.730

Really really good point though, to think about that. Let's see.

254 "Kerry Hillier" (864257280)

00:38:44.910 --> 00:38:50.910

For children with a speech impediment to access potty um, it shouldn't.

255 "Kerry Hillier" (864257280)

00:38:50.910 --> 00:39:01.080

There shouldn't be a barrier, so if a learner is unable to independently initiate, we can still use picture icons. We can use gestures, sign language.

256 "Kerry Hillier" (864257280)

00:39:03.055 --> 00:39:16.675

I've had kids walk up and, like, touch the word potty or a visual of the picture of the party outside the bathroom before entering to indicate I need to use the bathroom and then using visuals within the potty procedures.

257 "Kerry Hillier" (864257280)

00:39:16.675 --> 00:39:30.565

So a picture of successful P on the body of white board Baker cartoon icon, and just commenting, even if they're have the speech impediment, it's still good to comment and use the right language around European in the body. I see you sitting on.

258 "Kerry Hillier" (864257280)

00:39:31.080 --> 00:39:34.020

But we shouldn't need need to expect too much.

259 "Kerry Hillier" (864257280)

00:39:34.020 --> 00:39:38.490

Expressive communication for a learner in order to have successful.

260 "Kerry Hillier" (864257280)

00:39:38.490 --> 00:39:51.960

Um, toiling opportunities, and then tokens will work it'll be different for everyone. Um, but absolutely let's talk about it. So.

261 "Kerry Hillier" (864257280)

00:39:51.960 --> 00:39:59.040

While you're working at home, start to provide provide access to that reinforcer.

262 "Kerry Hillier" (864257280)

00:39:59.065 --> 00:40:10.555

Or if he's passed that, where you're like, he is totally independent at home, then you're gonna start to use a token on a token boards, little star chart, or whatever. It is a check mark on a box. Every time he successfully uses the potty.

263 "Kerry Hillier" (864257280)

00:40:10.885 --> 00:40:21.535

And you're gonna say, I'm going to give you a check mark, and when you earn all 5, you're gonna get access to something super duper. Cool. The next day. You're going to say he gets that cool thing. He's like, wow, this is really easy. I love this for me.

264 "Kerry Hillier" (864257280)

00:40:22.020 --> 00:40:25.710

The next day you're gonna go out in the community and say, all right.

265 "Kerry Hillier" (864257280)

00:40:25.710 --> 00:40:29.550

Earn these check marks, you're going to get it by going potty.

266 "Kerry Hillier" (864257280)

00:40:29.550 --> 00:40:35.005

In the community, so pick where you're gonna go prime him, say, maybe it's the grocery store,

267 "Kerry Hillier" (864257280)

00:40:35.185 --> 00:40:44.575

the park start with 1 environment and he's gonna say when you walk up to the toilet and maybe you start with just going in.

268 "Kerry Hillier" (864257280)

00:40:44.910 --> 00:40:56.460

And spending a minute in their meeting, you start with sitting or maybe you start with going and tracking doesn't necessarily have to be a full blown success in that opportunity but you'll say, okay, when you go and try for 1 minute.

269 "Kerry Hillier" (864257280)

00:40:56.875 --> 00:41:06.025

I'm going to give you a check mark and then when we get home, that means we're going to get access to this, this item, I would start with 4 of the checks already on there.

270 "Kerry Hillier" (864257280)

00:41:06.025 --> 00:41:15.175

Meaning he only has to earn 1 check or 1 star or 1 token in order to get his preferred item at the end of the day or when he gets home um.

271 "Kerry Hillier" (864257280)

00:41:15.870 --> 00:41:29.670

But then over time, maybe yes earn 2 and maybe by the end of the week, when you're out in the community, he goes at school then he gets it on Friday. Whatever it is. You can kind of increase it by increasing the number of tokens. He needs to earn.

272 "Kerry Hillier" (864257280)

00:41:29.670 --> 00:41:36.960

Um, but building that contingency ahead of time. So we're going to go into the store.

273 "Kerry Hillier" (864257280)

00:41:36.960 --> 00:41:40.920

You're going to sit on the potty and try and if you try for 1 minute.

274 "Kerry Hillier" (864257280)

00:41:40.920 --> 00:41:46.710

You can earn a token and when you have all 5 tokens, you're going to get whatever was that predetermined reward.

275 "Michelle sanko" (3847314688)

00:41:57.180 --> 00:42:00.690

Maybe you touched on this Kerry, but, um.

276 "Michelle sanko" (3847314688)

00:42:00.690 --> 00:42:07.950

Because my brain's foggy from being sick, but can you give me just a little insight on when maybe token economy would not.

277 "Kerry Hillier" (864257280)

00:42:07.950 --> 00:42:21.265

Be a good fit for yeah, that's good. Economy is not a good fit for a learner 1 who condition reinforces aren't meaningful. So, if they haven't learned that a token is effective.

278 "Kerry Hillier" (864257280)

00:42:21.745 --> 00:42:32.905

So, if they don't know what it means yet, to get a token, there's no value in that token yet that's not going to be effective. So, if you have a brand new learner brand new to contingencies or earning rewards.

279 "Kerry Hillier" (864257280)

00:42:33.270 --> 00:42:45.055

The token has to be taught a lot of times this can be taught in school and Pre school age learners, and it's taught by delivering the token and access to the reward at the same time. So you're what? We call conditioning that item.

280 "Kerry Hillier" (864257280)

00:42:45.925 --> 00:42:49.555

So, if if they don't understand the value of a token, that's not going to be meaningful.

281 "Kerry Hillier" (864257280)

00:42:49.770 --> 00:42:56.730

A token economy also won't be meaningful for kids who need the reinforcer immediately still to understand.

282 "Kerry Hillier" (864257280)

00:42:56.730 --> 00:43:02.430

That going party in that environment, or using the toilet right now

is.

283 "Kerry Hillier" (864257280)

00:43:02.430 --> 00:43:07.140

Um, the expectation or what we want to see, so if there is.

284 "Kerry Hillier" (864257280)

00:43:07.140 --> 00:43:16.350

They don't benefit from a delay to reward, which is why that value of the token needs to be really meaningful for learners. Um.

285 "Kerry Hillier" (864257280)

00:43:17.430 --> 00:43:23.820

Those are instances where I see that the token economy really won't be meaningful yet. But again.

286 "Kerry Hillier" (864257280)

00:43:23.820 --> 00:43:30.540

I have used token economies with 1 and a half year olds. We've conditioned them up through.

287 "Kerry Hillier" (864257280)

00:43:30.540 --> 00:43:38.730

So, that's where I can put my husband on 1 right now. Um, and they can be taught to anyone with a variety of different. Um.

288 "Kerry Hillier" (864257280)

00:43:38.730 --> 00:43:48.570

Cognitive levels, so it is something that can be taught really effectively, but it does take actual teaching to make the token economy meaningful.

289 "Michelle sanko" (3847314688)

00:43:56.910 --> 00:44:09.475

Is there such great questions they really are um, especially for such an important topic, right? Yeah.

290 "Kerry Hillier" (864257280)

00:44:10.495 --> 00:44:14.005

Notes to add to our future presentations and things we can add in.

291 "Michelle sanko" (3847314688)

00:44:15.690 --> 00:44:24.240

Yes, that's awesome. I don't see any other questions at this point. However, like, I stated earlier.

292 "Michelle sanko" (3847314688)

00:44:24.240 --> 00:44:36.835

We, as your autism case managers are always here, so please, please, please reach out to us if you do want any additional support for, for



any autistic individual or yourself at any time.

293 "Michelle sanko" (3847314688)

00:44:36.835 --> 00:44:44.965

And, of course, you know, Carrie, you gave some additional resources as well. So feel free to access those um.

294 "Michelle sanko" (3847314688)

00:44:45.270 --> 00:45:00.115

And again, I just want to say, thank you so much for attending and thank you Carrie for providing seriously such a great presentation. If you have any questions about these therapies again, anything just please let us know, call the number on the back of your card.

295 "Michelle sanko" (3847314688)

00:45:00.115 --> 00:45:09.985

And then, like I said, previously, a recording of this presentation will be available online at that. W. W. W dot com backslash autism page.

296 "Michelle sanko" (3847314688)

00:45:10.015 --> 00:45:15.265

Once it is finalized next month, we will have a presentation on.

297 "Michelle sanko" (3847314688)

00:45:15.535 --> 00:45:30.295

Thursday, April, 12, where we'll be discussing collaborating with schools before during, and after diagnosis, and then just another plug that we'll have that survey those survey questions available right? After I'm done.

298 "Michelle sanko" (3847314688)

00:45:30.655 --> 00:45:38.395

So thank you so much. Carey, thank you. Everyone for attending. And we really, really appreciate it have a great day. You guys.

299 "Kerry Hillier" (864257280)

00:45:38.730 --> 00:45:42.624

Take care, thank you so much.