



Leading the way in behavioural change

Toilet Training
Data Collection Sheets



with each **simple step**, get closer
to building a **better future**

Toilet Training Data Collection Sheet

Guide to use;

Many children with autism are difficult to toilet train. A method that may be successful for one child may not be so for another, therefore, Applied Behaviour Analysis uses an individualised approach for every child.

Even in typically developing children, toilet training is often a difficult skill to master. While the child may have good awareness and control of his/her body there are other factors, social factors, that determine how easily toileting skills can be mastered.

The toilet training record enables detailed data to be collected on the toileting habits of a child. Each column is subdivided into pants or toilet for seven days as well as specific times (at the far left of the chart).

Each time the child goes to the toilet, whether in pants or in toilet, mark it down in the appropriate column using the key:

- **U (Urination)**
- **BM (Bowel Movement)**
- **B (Both)**

It may also be beneficial to write down the food and fluid intake of your child in the appropriate time to determine whether a pattern can be established.

Toilet Training Record

Week Beginning: _____

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Pants	Toilet	Pants	Toilet	Pants	Toilet	Pants	Toilet	Pants	Toilet	Pants	Toilet	Pants	Toilet
7:00														
8:00														
9:00														
10:00														
11:00														
12:00														
13:00														
14:00														
15:00														
16:00														
17:00														
18:00														
19:00														
20:00														
21:00														
22:00														

Guide for use: Tick the appropriate box depending on whether child deposits in pants or toilet