

# research snapshot

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## The Rapid Toilet Training Method for Children With Developmental Disabilities

### What is this research about?

Children with developmental disabilities often find it difficult to learn toileting skills. This can be a major barrier to their overall quality of life and stressful for parents. Toileting skills are vital to the child's socialization and can lead to stigmatization. Parents can experience stress, frustration, and social embarrassment as a result of limited toileting skills. What are effective toilet training strategies that can be easily given to caregivers? This study focuses on a modified version of the Rapid Toilet Training Method (RTT).

### What did the researchers do?

6 families were recruited to take part in this study. 2 parent workshops were held to teach the parents how to use the modified Rapid Toilet Training Method (RTT). Parents were asked to implement the RTT program with their children for at least 8 hours a day for 5 to 8 consecutive days and report on their child's elimination pattern. They were asked to provide frequent drinks that their child enjoyed as well as salty snacks to encourage drinking. Parents were asked to sit their child on the toilet for predetermined amounts of time, starting with

### What you need to know:

Children with developmental disabilities can find it difficult to learn toileting skills. This can lead to stigmatization and limited socialization. It can also increase parental stress. The modified RTT workshop provides parents with the tools necessary to successfully increase their child's toileting skills.

30 minute intervals. While on the toilet, children were given enjoyable activities to do to keep them occupied.

If the child eliminated in the toilet they were given a 5 minute break before starting the next scheduled sitting. Sitting time was then decreased by 5 to 25 minute intervals. Positive re-inforcement was also given when the child eliminated successfully in the toilet. If the child eliminated outside the toilet, the parents were taught to immediately move the child to the toilet while acting neutrally and not drawing attention to the accident.

### What did the researchers find?

The researchers found that the modified RTT method succeeded in increasing toileting

behaviors in children. Parents were able to toilet train their children after attending the workshop. They were extremely pleased with the outcomes of the intervention. Parents noted that it was very hard work but the toileting success was worth it. Modified RTT is a successful method and can be best taught in workshops where parents can role play. It is also more cost effective than individual parents hiring a behavioral analyst to help with an intervention.

### How can you use this research?

Practitioners may use this research to help parents with their child's distinct toileting needs. It may offer opportunities to use a modified RTT if applicable.

Parents may use this research to approach practitioners about RTT that may help their child strengthen toileting skills.

Healthcare policymakers may use this research to invest support or funding in modified RTT workshops. It may be an effective strategy for toileting barriers in children with developmental disabilities.

### About the Researchers

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### Keywords

Developmental disabilities, Rapid toilet training, Parents, Children

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