Potty Training in Four Days
The Murphy Method

We tried everything!

No More Diapers

- Throw them away
- Never go back
- Prepare to change sheets
Confusing Underwear

Buy twenty pairs of identical underwear.

We're talking underwear and only underwear

Preparing the throne!
Remove all distractions.
Preparing the King!

Remove clothing from the waist down.

Wait for an opportunity.

Place him in the bathroom.
Tell him he can come out as soon as he poops and wets in the toilet.

Wait!
Wait!
Wait!
The Goal
Elimination in the toilet.

- Do not worry about wiping or handwashing.
  - Mom/Dad wipes and facilitates handwashing.
  - Wiping and handwashing are separate from toileting.

Toilet Paper is more than just a decoration for trees!

Toilet paper clogs toilets.

Kids with Ds think they need to finish the roll.
No problem if the roll is almost empty.
Big problem if the roll is full.
Toilet Paper Training

- Roll to floor
- Tear
- Form ball
- Wipe
- Flush
- Repeat if necessary

Putting on the new underwear.

- Make it the child's responsibility.
- Minimum amount of help offered.

The Mantra
Do not wet or poop in your underwear.
Wet and poop in the toilet.
Back to the Toilet

- Every 45 minutes.
  - Pull down pants and sit on toilet
  - Wait just a minute
  - Pull up pants and leave bathroom

Day 2

Only the strong will survive.

The Shift in Responsibility
No Prompting means:

- No reminding
- No taking the child to the toilet - anytime
- No demanding a toilet visit before nap
- No prompting if the child is squirming
- No talking about potty training
- No warning of consequences

No Prompting Also Means:

- Not taking the child to the toilet after staying dry through the night
Reward Pitfalls

• No rewards
• No clapping
• No calling grandma
• No emotion unless……
  --Your child prompts you
  --Mimic your child's enthusiasm

Learning Through Failure

• Wetting your pants is not an accident.
• Cleaning up your mess is a great life skill.
• Wetting pants is sometimes a control behavior.
• Using a toilet is a pain in the rear for all of us.

Go change your clothes!
Helping Clean Up

Sheets
Hand over Hand

The Messy Poop

- Go to bathtub
- Stand in tub, no sitting
- Few inches of lukewarm water
- Washcloth and soap for child to use
- Container to rinse with clean water
- No playing

Removing the distraction.

Television
Toys
Food
Grandma
Close only counts with:
Horseshoes
Handgrenades
Toilet Training

Everyone on Board!
• All family members
• All caregivers
• All teachers and paras
• All friends and neighbors
• It takes a village to potty train a child with Down syndrome!

Remove the Naysayers
• Mom and Dad must be on the same page
• Siblings cannot rescue or argue for mercy
• Caregivers must follow plan
When you gotta go, you gotta go!

When you don't have to go, why be taken to the toilet?

Toilets
- Are not bathrooms
- Are not potties
- Are not johns
- Are not potty chairs
- Are the same throughout the country

Day 3
Off to Friends' Homes

- No rescue clothing
- Show location of toilet
- No warnings
- No promptings
- Go home if pants are soiled

Off to Friends' Homes

- Puppy pads

Day 4
Out in the real world

- No rescue clothing
- Show location of toilet
- Come home if soiled
- No forced trips to a bathroom

Paybacks are tough!

- Child knows when parents’ are in a tough position.
  - Important family events such as weddings and funerals
  - Family is dressed up for important event
  - Other sibling is in the spotlight

Bring a babysitter!
Spending the day with others

• The child may test everyone in his life.
• Show the child the available toilet.
• No emotion is essential.

Most Common Mistakes

1. Asking child if he is dry.
2. Taking dry child to toilet in the morning.
3. Asking child to use toilet before car trips.
4. Celebrating successes.
5. Talking about training in front of child.
6. Failure to show child available toilet.

Potty Trained!
Encountering the difficult situation
Airplane and car trips
Relapses
Go forth and be dry!

Questions?

DSG
Down Syndrome Guild
of Greater Kansas City

10200 West 75th Street
Suite 281
Shawnee Mission, KS 66204
913-384-4848
info@kcdsg.org
www.kcdsg.org