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.

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.

Put on the new underwear.

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

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.

No Prompting
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

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!

Removing the distraction.

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!
When you gotta go, you gotta go!

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

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!

Day 4

Spending the day with others

- The child may test everyone in his life.
- Show the child the available toilet.
- No emotion is essential.
Potty Trained!
Encountering the difficult situation.
Airplane and car trips.
Relapses
Close only counts in hand grenades, horseshoes and potty training.

Go forth and be dry!