HOT Evidence

Toileting for Children & Youth 0–5 Years

Why This Matters

Children with autism spectrum disorder, developmental delays, or mobility impairments may have **difficulties with toileting.**

Delayed toileting skills can have a significant impact on **hygiene**, **confidence,** and **caregiver burden**.

Occupational therapy practitioners provide interventions for **toileting routines** and **toileting-related performance skills**.

Improving Toileting Routines

Evidence-Based Interventions

Positive reinforcement for in-toilet elimination

Schedule toileting sits

Exclusion of negative or punitive language

Increase fluid intake

Caregiver coaching & parent training

Find the Evidence

Visit https://research.aota.org/ajot to review

Interventions Within the Scope of Occupational Therapy Practice to Improve Activities of Daily Living, Rest, and Sleep for Children Ages 0-5 Years and Their Families: A Systematic Review

American Occupational Therapy Association