

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 www.aota.org to review this Critically Appraised Topic Paper from a **Systematic Review of Toileting Interventions for Children and Youth 0–5 Years**.