

# 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.ota.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*