

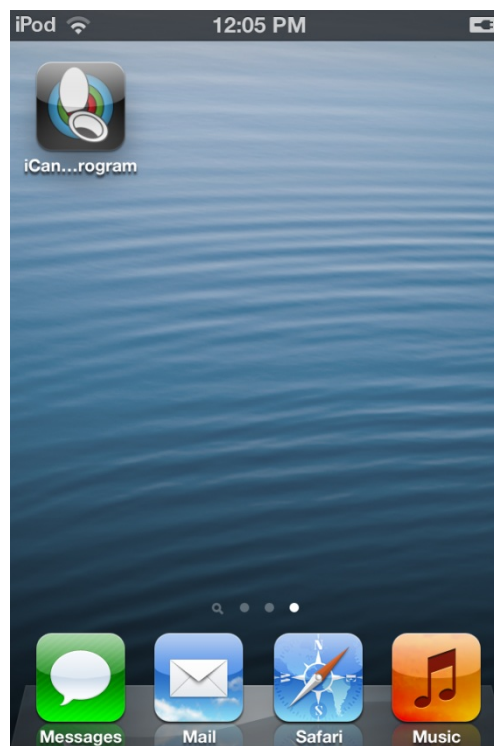
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Introduction

The methods used in the *iCan Toilet Training Program* are based on decades of successful toilet training and education research. The app is a tool that, when used consistently and correctly, provides the key elements important for successful toilet training. We recommend reading this manual in its entirety before using the *iCan Toilet Training Program*. Bear in mind all children are different and some children may not be ready for toilet training or other methods may be a better fit. Additionally, this guide includes suggestions for how to use the app but it is not guaranteed to result in successful toilet training. Also, please note the system will be near water so **use a waterproof case** while using the *iCan Toilet Training Program*. The *iCan Toilet Training Program* is optimized for iOS 5 so other operating systems may have slight response delays.

Getting Started

After downloading the *iCan Toilet Training Program* you will see it on your device with the icon. Tap on the icon to open the app.



Intro Screens

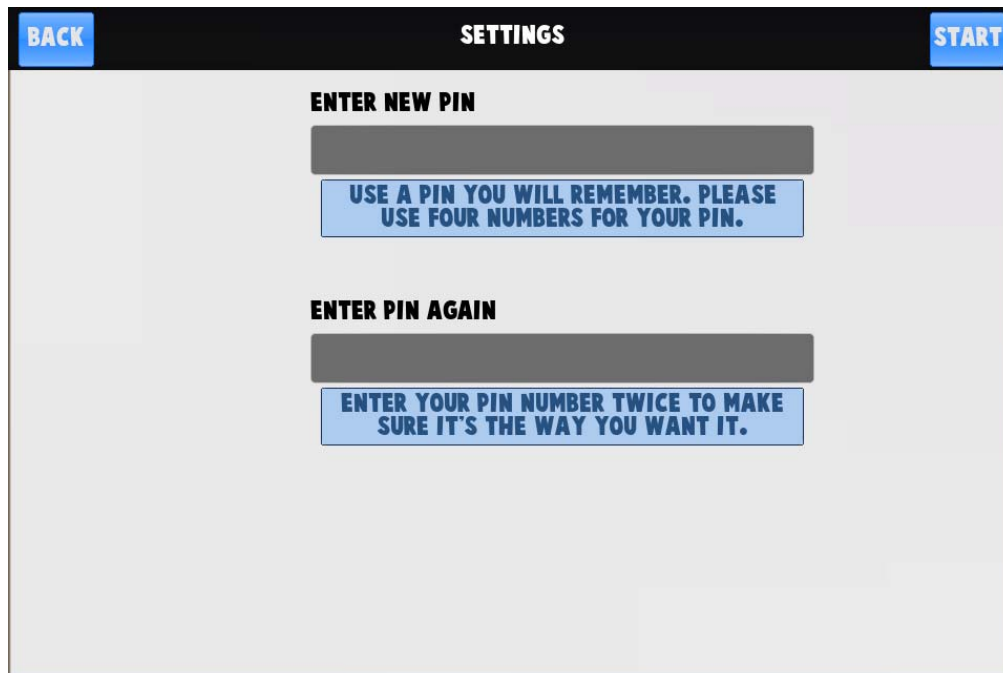
The intro screens with the Sandbox Learning logo, app name, and grant award statement appear. After the intro screens, the *iCan Toilet Training Program* starts.



IMPORTANT! Setting a Password and Schedule: After starting the *iCan Toilet Training Program* a screen appears with two large icons, ***I had an accident*** and ***I need to use the bathroom***. In the bottom left corner is a gear icon with the words, ***Create/Edit a Schedule***. The first time you use the *iCan Toilet Training Program* you must press the gear icon to set up a PIN and create a schedule. The system will not work correctly if you do not create a schedule.



If you forget your password, the default is 0000.



Administrative Settings

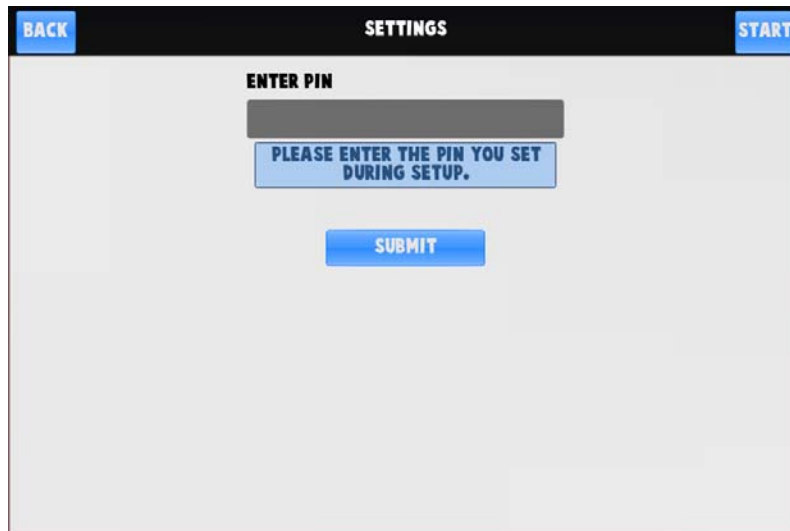
Player Name: Type the name of the child who is working on toilet training. This remains blank if no name is typed.

Player Gender: Select the child's gender. The *iCan Toilet Training Program* illustrations are gender specific. Male is the default if a gender is not selected.

Edit Schedule: Tap edit schedule to move to the schedule selection screen. A schedule must be selected for the app to work. You can return to this screen at any time to change a schedule.

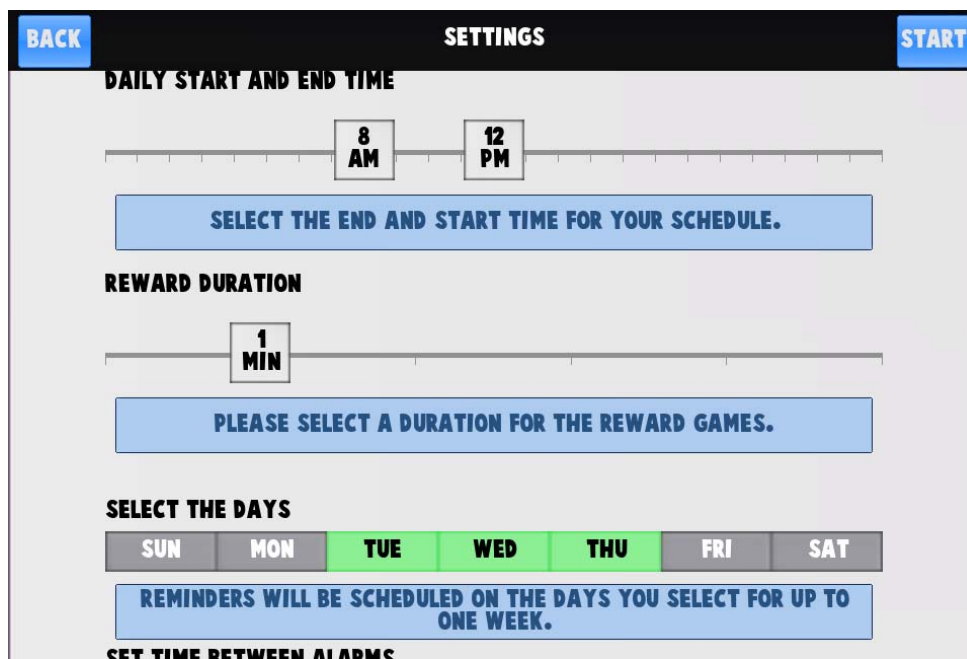
The screenshot shows the 'SETTINGS V33' screen. At the top, there is a black bar with 'BACK' on the left and 'START' on the right. Below this, the screen is divided into three main sections. The first section is 'PLAYER NAME', which has a text input field containing the name 'TIM' and a blue button below it that reads 'ENTER THE NAME OF THE PLAYER USING THIS DEVICE.'. The second section is 'PLAYER GENDER', which features two radio buttons: 'MALE' (which is selected and highlighted in green) and 'FEMALE' (which is unselected and greyed out). Below these buttons is a blue button that reads 'SELECT THE GENDER OF THE PLAYER TO CUSTOMIZE THE APPEARANCE OF THE APPLICATION.'. The third section is a large blue button at the bottom of the screen that reads 'EDIT SCHEDULE'.

Note: To return to the Administrative screen after setting up a player, click on the gear icon (show) in the bottom left corner of the 'I had an accident/I need to use the bathroom' screen. Each time you return to the Administrative Settings you will be required to enter your PIN.



Creating and Editing a Schedule

The schedule includes the daily start and end time, days of the week, and alarm schedule.



Daily Start and End Time: Slide bars to choose the start and end times for training. The slide bars work best if you hold the tab down for a moment until the number appears below and then slide. The default time is 8 a.m. to 3 p.m. In the screen shot above the alarms will ring starting at 8 am and ending at 12 pm.

Suggestion: Toilet training requires practice and consistency. As with any new or difficult skill, increased practice is always better, if possible, set the system for as many

waking hours as possible to provide the most opportunities for using the bathroom. Four hours a day is the recommended minimum.

Reward Duration: Three fun games are included to motivate children to use the bathroom. The reward duration is the amount of time a child will have to play the game after successfully using the bathroom. Slide the bar to select reward time. The default is 1 minute.

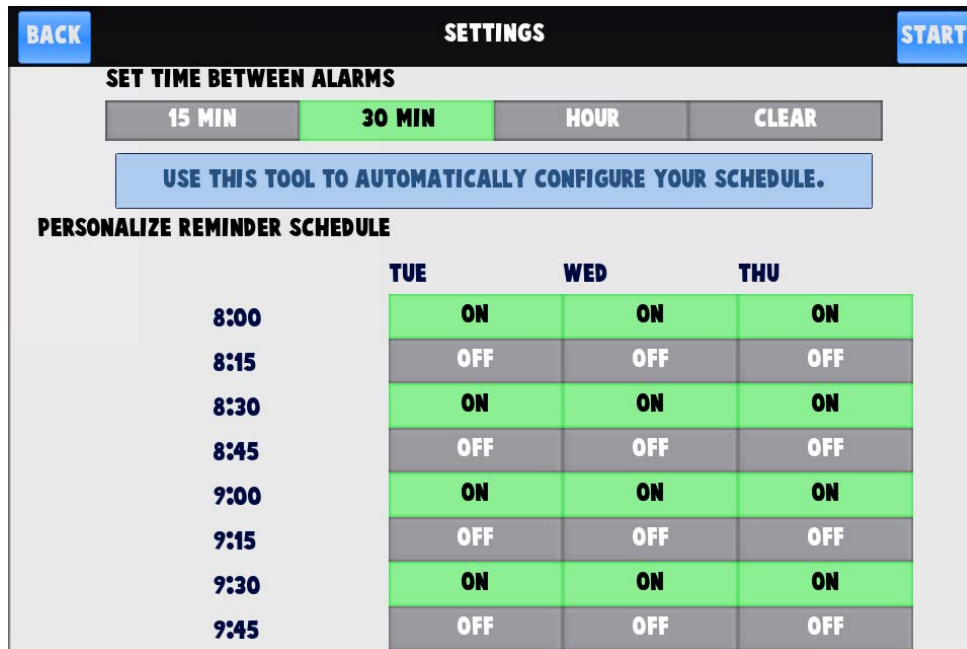
Suggestion: The default is set to 1 minute so children are rewarded appropriately yet a significant amount of time is not spent in the bathroom using the reward. Some children may benefit from a longer reward time while others will be just as motivated by one minute. The *iCan Toilet Training Program* provides consistency for parents as much as it does for children. Rewarding children is important and must be consistent. If children are repeatedly exiting the games or do not seem interested in the included games, provide a reward outside of the *iCan Toilet Training Program*. Time watching a favorite video clip, listening to a favorite song, putting a sticker on a chart, a hug, or playing with a favorite toy are a few examples of additional rewards. Positive feedback from parents and teachers also should be part of the plan. Statements like ‘Great job! What a big girl! I can’t wait to tell Grandma you are using the bathroom!’ further reward children and reinforce using the bathroom.

Select the Days: Tap on the days of the week you will be working on toilet training. In the above screen shot the alarms will ring on Tuesday, Wednesday, and Thursday.

Suggestion: Consistency and practice are important for toilet training. Start training on a day when you can devote the most time and the most consecutive days to toilet training.

Setting the Time Schedule: The *iCan Toilet Training Program* has two schedule options, *Set Time Between Alarms* and *Personalized Reminder Schedule*. *Set Time Between Alarms* is used first for two reasons: It provides frequent opportunities for successfully using the bathroom and therefore having fewer accidents; and Data from the *Set Time Between Alarms* schedule serves as a guide for selecting *Personalized Reminder Schedule* times.

Set Time Between Alarms: This setting creates a schedule with set intervals for going to the bathroom. Select intervals of 15 minutes, 30 minutes, or 1 hour. The alarm will ring at that interval for the duration of the selected *Daily Start and End Time*. The *Personalized Reminder Schedule* populates with the alarm times. Below shows a 30-minute interval from 8:00 am to 12:00 pm in the administrative settings:



Suggestions: Children often benefit from frequent opportunities for successfully using the toilet when they begin toilet training. Setting the interval for 30 minutes may be a good starting point. This interval time can be extended with successful days of toilet training or changed to a *Personalized Reminder Schedule* once a pattern is established. After the times are populated in the *Personalized Reminder Schedule*, they can be unselected by touching the time. Customize the schedule by deselected times when you may be in the car or other times when using the bathroom is not realistic.

Personalized Reminder Schedule: If you know approximately when a child naturally has accidents or if you have collected *Interval Schedule* data that is relatively consistent for at least three consecutive days, this information can be used to create a *Personalized Reminder Schedule*. To create a *Personalized Reminder Schedule*, do not select an interval from the *Select Interval* area. Instead, scroll down to the *Personalized Reminder Schedule* and select alarm times based on previous voiding data. The schedule should be based on when the child is currently voiding not when you want them to use the bathroom.

Suggestion: When selecting times, choose a time that is before the child regularly has an accident or has successfully used the bathroom in order to provide ample time for them to get to the bathroom, manage clothing, and sit. For example, if data over three or more days indicates your child uses the bathroom at approximately 8:20, 11:05, 12:15, and 1:55, you may want to set the *Personalized Schedule* to 8:15, 11:00, 12:00 and 1:45.

The schedule automatically saves the selected times, there is no save button. After creating the schedule, use the Back or Start buttons at the top of the screen to return to the *Initiating Screen*.



General Settings

Suggestion: One of the goals of the *iCan Toilet Training Program* is teaching children to request using the bathroom. For this reason, we recommend having the *Initiating Screen* visible at all times. This requires your device does not go to sleep. To prevent the device from sleeping, go to Settings > General > Auto-Lock and select Never in the device settings. This will use more power than usual so be sure to fully charge your device. The volume should be relatively high so it is heard above other sounds.

Using the iCan Toilet Training Program

Once you have the *iCan Toilet Training Program* set-up for a child, it will automatically ring on the scheduled days and times whether the program is active or not. Consistency is critical for successful toilet training so the app functions like an alarm to ensure sessions are not missed. Below is the sequence of screens that appear when using the *iCan Toilet Training Program*.

1. *Introduction Screen* with the Sandbox Learning Company logo followed by the *iCan Toilet Training Program*.
2. *Initiating Screen*: I had an accident and I have to go to the bathroom buttons remain visible between alarms as a reminder for the child to ask to go to the bathroom or click if they had an accident.



I had an accident button: This option is selected when a child has an accident. Help them touch the ‘I had an accident button.’ Have them click again after the audio asks them to confirm they had an accident.

A screen will appear that reminds children to get cleaned up and to remember to ask to use the bathroom next time.



Note: When a child has an accident, the first thing to do is take them immediately to the restroom to finish urinating in the toilet. Catching children in the middle of going and moving them quickly while saying, ‘Go into the bathroom!’ lets them know where they should be urinating. This catches their attention, may startle them, and may cause them to stop urinating so they can finish going in the toilet.

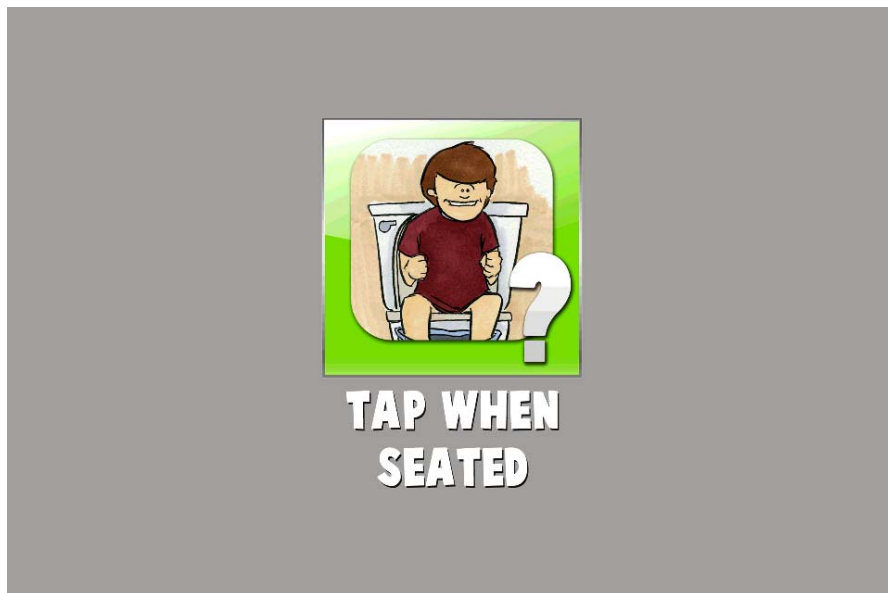
I have to use the bathroom button: This option is selected when a child wants to initiate going to the bathroom between alarms or when the alarm rings.

Child Initiating Using the Bathroom: The icons are available at all times to encourage children to initiate going to the bathroom. If a child needs to use the bathroom between alarms, remind them to touch the 'I need to use the bathroom' icon. Have them click again after the audio asks them to confirm they need to use the bathroom. After clicking 'I have to use the bathroom' the 'Tap when seated' screen appears.

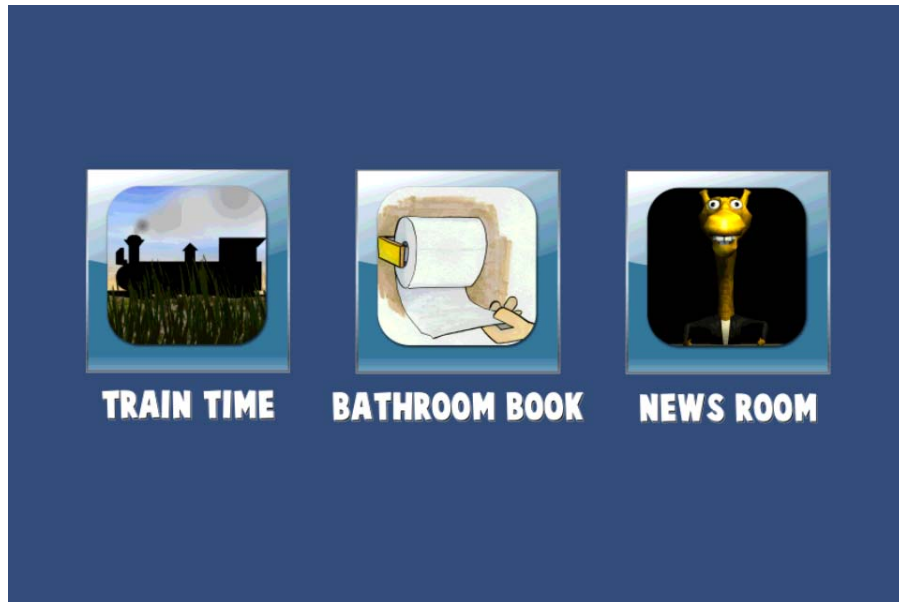
Alarm Goes Off: The child selects 'I have to use the bathroom' and walks to the bathroom to try using it. Have them click again after the audio asks them to confirm they need to use the bathroom. The 'Tap when seated' screen appears next.

Suggestion: Consistently remind children to click on the bathroom button and use the terms you want them to use to request going to the bathroom. For example, 'Touch the button, time to go to the bathroom' or 'Touch the button. Let's go potty.' By linking these words to the physical act of 'going to the bathroom' children will learn to say this phrase or word to initiate going to the bathroom. For children who are language delayed, the icon serves as an alternative way for them to communicate, and prompting them to touch the button is a way to connect the image with physically going to the bathroom.

3. *Tap when seated button:* This is tapped after walking to the restroom, managing clothing, and sitting on the toilet. Once seated, press the *Tap when seated* button. Tap again to confirm the child is seated.



4. *Waiting Media Choice Screen:* Children can choose one of three media options to view while waiting to void. The media are not interactive but are designed to maintain a child's interest while waiting. Each option is three minutes long.



Train Time is an entertaining video of a train moving across different settings during different times of the day.

Bathroom Book is an engaging story about using the bathroom. The story is read aloud and includes the steps necessary for successfully using the bathroom.

News Room is a fun video of a giraffe broadcaster reporting on a zoo breakout.

5. *Results Screen:* I used the bathroom/I did not use the bathroom buttons appear at the end of the wait period.



I did not use the bathroom button: The child selects this button if they did not go to the bathroom in the toilet. If they select this button, a confirmation audio asks the player to tap a second time to verify they did not use the bathroom. After selecting this option, a screen with a positive statement about trying appears.



The positive statement is visible for a few seconds then the *iCan Toilet Training Program* returns to the *Initiating Screen*. The alarm will sound at the next interval.

I used the bathroom button: The child taps this button if they urinated or had a bowel movement in the toilet. If they select this button, a confirmation audio asks the player to tap a second time to verify they did use the bathroom.

If the child used the bathroom, the *Reward Media Choice* screen appears.

6. *Reward media Choice Screen:* Children can choose one of three short games after they successfully used the bathroom.



Marble Race: Get ready for a fun marble ride! A marble moves along a track changing colors and shooting confetti as it goes. Tap the marble to change colors and increase the marble's speed. If it falls off of the track, the marble automatically re-appears on the track three seconds later. To avoid falls, do not tap on the marble when it is on turns.

Bubble Pop: See how many bubbles you can pop! Click on the bubbles before they float away.

Save the Fish: Save as many fish as you can! Return the fish to the bowl by tapping them when they leap out of the water. Fish can be tapped multiple times to redirect them into the bowl.

After the game, the *iCan Toilet Training Program* returns to the *Initiating Screen*. The alarm will sound at the next interval.

Downloading and Viewing Data

To access the data:

1. Use a USB cable to connect your device to your computer
2. Go to iTunes and click on your device
3. Click on Apps at the top
4. Scroll to the bottom of the page. The *iCan Toilet Training Program* appears under File Sharing > Apps
5. Click on *iCan Toilet Training Program*
6. *ican-toilet-training-program-logdata.csv* appears under *iCan Toilet Training Program* Documents on the right side of the page
7. Select the 'Save to...' button
8. Save the file to your computer

Understanding your data:

Column 1: Interval – Time in seconds since the player last clicked on an option

Column 2: Timestamp – Date and time, in military time, when the click occurred

Column 3: Name – Player’s name entered during admin set up

Column 4: Gender – Player’s gender entered during admin setup

Column 5: Action

- Show Settings Panel – The administration area was accessed
- Had an Accident Pressed – The player had an accident
- Use the Bathroom Pressed – The player selected to use the bathroom either during a scheduled alarm or between intervals
- Entering Wait Media Session – The ‘Tap when seated’ icon was pressed
- Wait Media Session Begun – The screen with three wait media choices appeared
- Wait Media Animation Chosen – The player chose the train waiting media
- Wait Media Potty Book Chosen – The player chose the book waiting media
- Wait Media News Room Chosen – The player chose the news room waiting media
- Reward Test Begun – The screen asking if the player used the bathroom appears
- Failure Marker – The player pressed ‘I did not go to the bathroom’
- Session Ended – The screen good job trying appeared after the player indicated they did not void in the toilet
- Success Marker – The player pressed ‘I did go to the bathroom’
- Reward A Chosen – The player chose the *Marble Race* reward
- Reward B Chosen – The player chose the *Bubble Pop* reward
- Reward C Chosen – The player chose the *Save the Fish* reward
- Exited Reward Media – The player chose Exit when in a reward game

Using Your Data:

The data system was initially created for research purposes. The information that is relevant for evaluating success or changing a schedule is: ‘Had an Accident’, ‘Use the Bathroom’, and ‘Success Marker’. When a child has an accident, be sure to still press the ‘I had an accident’ button even if it is after they are cleaned up. This allows you to notice patters for accidents and set the Personalized Schedule for times when they are likely to use the restroom. If ‘Use the bathroom’ is selected at a time other than when the alarm goes off, this shows the child initiated using the bathroom at that time. If ‘Success Marker’ is the next line, it indicates they successfully used the bathroom.

Additional Suggestions for Success

Toilet training can be frustrating for kids and parents. This app is a tool for success but there are a number of strategies you can use to improve the experience.

Timing: Start using the *iCan Toilet Training Program* on a day when you have the most time to devote to training. One strategy is to start on a Saturday so you have at least two full days to devote to training. Toilet training requires consistency so a long weekend, school breaks, or after school are good times to start the program.

Preparing Children for Toilet Training: Before starting toilet training, discuss the toilet and how it is used. Use materials that are interesting. Some people use dolls or stuffed animals to discuss toilet training. Some people read stories about using the toilet, talk about it frequently, or show children how they use the toilet. Preparing children is helpful for increasing interest in toilet training and providing a context for using the toilet.

Session Timeframe: Many successful toilet training studies involve the length of a school day. We recommend setting the timeframe for a minimum of 4 hours but longer is always better. We recommend keeping the timeframe consistent during training.

Location for Training: The *iCan Toilet Training Program* is designed to be used anywhere, but keep in mind that if you are driving somewhere and the alarm goes off or you have to run to the back of a store and wait in line to use the bathroom, you may be creating more stress and your child may have an avoidable accident. Ideally, training should be done in places where the child can easily and quickly get to a bathroom. Have children stay in an area close to the bathroom for the duration of training so they can quickly move to the bathroom when having an accident or when the alarm goes off. Limit access to a few rooms of the house and have books, games, and other activities to keep them entertained. Limiting locations makes catching accidents easier and allows children to move into the bathroom faster if they initiate going. Some children also feel more comfortable in a familiar location, so moving to unfamiliar places may result in children not consistently using the bathroom.

Make the App Accessible: The Initiating Screen serves as a reminder to request and a method of communication. Keep the iPhone, iPad, or iTouch visible to the child during training. If possible, use a dedicated device for training so the icons always can be visible.

Keep Comfort in Mind: Waiting is difficult for many children so make it as comfortable as possible. Use a toilet that is their size or provide a stool so they can rest their feet.

Avoid Messes: The app shows boys sitting and this often is a good way to initially work on toilet training for boys. In order to make sure boys aim towards the toilet, have them sit far back on the seat and lean forward to view the app.

Clothing: Children should wear loose fitting, easy to manipulate clothes during training. This type of clothing helps children realize when they have an accident, helps you see an accident immediately, and reduces frustration. Clothes with elastic waistbands are easier and faster to manipulate than clothes with buttons, zippers, and snaps. Consider having children wear underwear if they are training at home. Although diapers are easier for clean up, they pull liquid away from the skin.

Liquids: Early toilet training research involved requiring children to drink larger amounts of water than usual in order to provide more opportunities for urinating in the toilet. Forcing children to drink liquids is not healthy, but be sure children are well hydrated so they have plenty of opportunities to successfully use the toilet. Be sure to consult a physician about any questions related to how much liquid is safe to consume.

Responding to Accidents: Some children feel frustrated, embarrassed, or sad when they have an accident. A child may try to get to the bathroom and have an accident along the way or may be engaged in another activity, forget to go, and be upset. When these situations arise, be understanding. Let children know toilet training can be difficult and they are doing a good job trying. Get them cleaned up and remind them it sometimes takes a while to get to the bathroom or sometimes they need to take a break from a fun activity to go to the bathroom.

When children have accidents they may find the attention they get when being changed reinforcing. A business-like approach to accidents is one way to address this situation. The *iCan Toilet Training Program* provides a simple statement about getting cleaned up and remembering to ask to go to the bathroom. If you feel you would like to add to this, simply say, ‘You had an accident. We need to change your clothes. Next time, tell me you have to go or tap the bathroom button.’ When changing out of wet clothes, don’t show anger or frustration, just help children change and remind them about using the toilet to go to the bathroom.

Additional Rewards: The *iCan Toilet Training Program* includes engaging waiting media and fun reward games, but add your own incentives if you feel those will be more inspiring. You can say encouraging things when they ask to use the bathroom, wait on the toilet, and successfully use the toilet. The *iCan Toilet Training Program* includes reward media for going to the bathroom in the toilet, but you may find your child would rather have you sing them a song, read them a story, or let them play a game on the computer. If you are using your own materials, differentiate waiting media and rewards for using the bathroom. Waiting materials should be interesting but not ‘rewarding’. Save the truly motivating rewards for when the child uses the bathroom.

A way to remind children about toilet training is to have a sticker chart on the refrigerator, in the bathroom, or another highly visible location. When your child urinates or has a bowel movement in the toilet let them select a sticker and put it on the chart. Children love seeing day-to-day progress. Some parents also motivate children with a ‘big’ prize for using the toilet a specific number of times. Keep a ‘big prize’ in an easy to see location such as on top of the refrigerator. Select a reasonable goal for earning the prize such as using the potty 5 times or remaining dry for 2 days.

Children often enjoy looking in the toilet to see what they did. Make this more exciting by using red or blue food coloring. If they pee in the potty they will be excited to see the water change to orange or green!

Patience: Toilet training takes time. Be consistent and be patient.

Frequently Asked Questions

1. How do I know if my child is ready for toilet training?

If you aren't sure if your child is ready to be toilet trained, first talk to your pediatrician. There are a number of signs to look for to determine if a child is ready to start toilet training:

- Remains dry for at least 2 hours at a time without 'dribbling'.
- Urinates a decent volume at a time.
- Waits on the toilet for a minimum of 3 minutes.
- Manages clothing or cooperates with an adult managing clothing.
- Follows simple instructions.
- Is interested in the toilet and/or becoming toilet trained.
- Shows discomfort when a diaper is wet or soiled.
- For children with developmental disabilities, studies indicate children with an IQ of 20 or greater are more likely to achieve success with behavioral toilet training programs than people with IQ's below 20.

2. How long will it take for my child to become toilet trained using the *iCan Toilet Training Program*?

All children are different. Many factors contribute to toilet training success including age, readiness, interest, and consistency. Unfortunately, it is difficult to determine how long it will take for a child to become toilet trained. Children who are younger or have developmental delays likely will take longer to toilet train.

3. How do I set my device so the screen with I had an accident/I have to go to the bathroom is always visible as a reminder for my child to ask to go to the bathroom?

To prevent your device from going to sleep go to Settings > General > Auto-Lock and select Never.

4. Are kids supposed to use the app on their own or is it for adults to use and help children with toilet training?

The buttons are designed for children to use, but the system can effectively be used if a parent is selecting the buttons. The *iCan Toilet Training Program* has 'I had an accident' and 'I have to go to the bathroom' buttons visible between alarms so children have an always-present reminder to ask to use the bathroom. Pair using the icons with the word or phrase you would like them to use to request going to the bathroom. The waiting and reward buttons provide a choice for children. Children can tap their preferred button or you can ask them which item they prefer. Since this is a toilet training tool, use it in a way that best suits your child's needs.

5. Why doesn't the *iCan Toilet Training Program* teach boys to stand while urinating or show the boy character standing?

The *iCan Toilet Training Program* teaches boys to sit when going to the bathroom because if they urinate or have a bowel movement, this position accomplishes the goal of using the bathroom. Additionally, toilet training has many steps such as feeling the need to go, managing clothing, waiting, etc. and adding aiming at the toilet into the equation can be difficult and isn't critical for toilet training success. Once your son starts to consistently use the toilet without the *iCan Toilet Training Program*, introduce standing. People often encourage good aim by putting a few Cheerios in the toilet for boys to 'hit' or there are products available with bull's-eyes and other drawings to use for target practice.

6. Will I be able to use my device for other purposes when the *iCan Toilet Training Program* is running?

Yes, if you are using your device for something else, the alarm rings and a pop up notification appears when it is time to go to the restroom.

7. Can I turn the volume off and still use the *iCan Toilet Training Program*?

The *iCan Toilet Training Program* uses vibrations (on devices that have this feature), visuals, and audio to alert children. Turning the sound off does not turn the other notification methods off, but it will turn off the audio for the waiting videos, reward games, and prompting cues.

8. Why can't I select how long my child waits?

The system is designed to provide many opportunities for using the bathroom while not taking undue time away from other activities. Some toilet training methods have longer intervals between using the bathroom and have children sit on the toilet until they go. This can result in a good deal of time being spent in the bathroom rather than in other activities. The time is set to 3 minutes to maximize opportunities for going to the bathroom while disturbing children's schedules as little as possible. If you would like your child to wait longer, have them use the media included in the app then use stories, videos, music, or other materials to encourage them to wait longer.

9. Should I use the app at night if my child has night accidents?

We do not advise this as part of this program since sleep is so important for children's health. Often when children become day trained, night training follows shortly after. This may not be the case for all children, but working on day training likely will reduce nighttime accidents.

10. I think the *iCan Toilet Training Program* did not go off when it should have.

Go to the administrative settings by clicking on the gear icon on the Initiating Screen. Go to 'Edit Schedule' and scroll to verify the correct times and days of the week are selected. If a text, email notification or other notification appeared at the exact same time as the *iCan Toilet Training Program* notification, the alarm may have been overlooked.

11. Is there a way to view the data on my device?

No. Data can only be viewed by downloading it through iTunes.

12. What if my child doesn't want to wait for 3 minutes?

The *iCan Toilet Training Program* includes three video options designed to encourage waiting. If your child is not motivated to wait when watching these videos, provide a real life alternative such as a book or listening to music. Selecting something that is interesting but not as rewarding as when they use the bathroom is important for differentiating trying to go and actually going. If other materials do not encourage waiting, they may not be ready to work on toilet training.

13. What should I do if I didn't see a consistent pattern to when my child used the bathroom during the set interval schedule?

If a child is asking to use the restroom on their own then do not worry about setting a schedule. If they are not initiating going and you do not see a pattern, rather than creating a personalized schedule, gradually increase the intervals from 30 minutes to 1 hour to 1.5 hours and possibly to

2 hours as long as your child continues to remain dry when increasing the interval time. For children who drink large amounts of liquid throughout the day, these intervals may not be able to be extended past one hour.

14. When should I stop using the *iCan Toilet Training Program*?

There are three times you may want to stop using the app.

- a) When children are requesting the bathroom on their own, the app is no longer necessary. Although they are requesting, it is still advisable to remind them to use the bathroom before going to bed, before getting into the car, and when they will be away from an easy to access bathroom for half hour or more (e.g. going on a walk). If they regress and start having accidents, re-introduce the app using the schedule that most reflects their natural routine.
- b) Some children may not initiate, yet they successfully use the reminders. The app can continue to be used as a reminder or you can stop using the app and remember to include these bathroom times in their routine.
- c) If a child is not ready to be toilet trained, stop using the program. Determining whether a child is ready to be toilet trained is based on their interest and success in using the app consistently. Additionally, discuss toilet training readiness with your child's pediatrician and other caregivers. It is better to wait until a child is ready and make toilet training a positive experience than to attempt training when a child is not ready.

15. Can I use the *iCan Toilet Training Program* with more than one child at a time?

The *iCan Toilet Training Program* can only be used by one child at a time. After one child is toilet trained, you can change the player name and use it for another child.

16. How do I prevent children from playing on the device when I want them to use it only for the *iCan Toilet Training Program*?

Apple has a specific setting, Guided Access, which allows you to 'lock' an app so children cannot use a device for other purposes. When Guided Access is activated, a user has to hit the home button three times then enter a password to use other programs. To set Guided Access on your device:

- a) Go to Settings > General > Accessibility > Guided Access.
- b) Slide the Guided Access bar to On.
- c) Set and confirm a password. You will not be required to do this but **you must set a password to start using Guided Access.**
- d) Open the *iCan Toilet Training Program*.
- e) Click on the home button three times.
- f) Select 'Start' when prompted to begin Guided Access.

To deactivate Guided Access, click on the home button three times, enter your password, and select 'End'.

17. To avoid children having 'screen time' is there a way to use this app without a child watching videos or playing games?

Yes! The *iCan Toilet Training Program* is a tool that can be used in a number of ways. The app provides consistency for adults teaching toilet training as much as it provides support for

children learning toilet training. An adult can be responsible for looking at and clicking the icons. Set the alarm and use it as a reminder for taking a child to the restroom. Click the icons to remind you to encourage waiting. Encourage sitting by reading a book, singing a song, or playing with a toy. When the *iCan Toilet Training Program* asks if they went, click the icon for them then reward the child for going or let them know they did a good job trying.

18. Why does the alarm ring when the *iCan Toilet Training Program* is not open on my phone?

Like an alarm you set on your phone, the system is designed to ensure consistency. Turn off the alarm by going into the settings and changing the days and/or times or selecting the clear button on the interval time options.

19. How does the *iCan Toilet Training Program* relate to children with developmental delays including autism?

The *iCan Toilet Training Program* was developed as part of a grant focusing on toilet training children age 6-15 with developmental disabilities. The core elements such as using a schedule, encouraging waiting, and rewarding children for going to the bathroom in the toilet are important for all children. The *iCan Toilet Training Program* includes visual and auditory cues which may add an extra level of support for children with developmental disabilities. As with all children, consistency is important for toilet training and the *iCan Toilet Training Program* offers the consistency many children with developmental disabilities need to learn new skills. Children with delays may take longer to learn to use the app and to become toilet trained. Some children may find the sounds distracting or bothersome especially in a bathroom where it echoes. If this is the case, turn the sounds down or mute them. Turning the sounds down or muting will mute the reminder to double tap the buttons: have to go to the bathroom; had an accident; are seated; used the bathroom; and didn't use the bathroom. Be sure to double tap these buttons to move the program forward.

20. When will the research from the grant be complete?

Research should be complete in April, 2013. You can contact us for more information.

21. What schedule was used for the research?

The principal investigator collected three days of baseline data to determine current accident frequency. Thirty-minute intervals were used until the participants had no accidents for three consecutive days. This data was used to create a personalized schedule based on when the child actually went to the bathroom.

22. What other products does Sandbox Learning sell?

Sandbox Learning has a series of customizable stories focusing on social, communication, and behavior skills all children need to learn. You can register on our website for a free story, *Waiting*, that discusses patience. The stories can be printed or viewed on any computer or device with internet access. We also have feelings cards that teach emotions, data collection sheets, and a video game that teaches daily living skills. For more information about Sandbox Learning, visit us at www.sandbox-learning.com. To try our materials, register at www.sandbox-learning.com for a free customizable story, *Waiting*, that discusses patience.

