

Toilet Training Skill Review 如厕训练技能回顾

Homework: Module 12 - Bathroom Break: Tools for Toilet Training

家庭作业: 第12模块: 上厕所时间: 如厕训练的工具

Name 姓名: _____

Date 日期: _____

Instructions: Read each skill and corresponding example. If your child usually exhibits the skill, check the box and move on to the next skill. If your child has had challenges developing the skill, check the box, and read the ideas for practice at home. Optional: jot down notes about your child's strengths and challenges related to each skill.

说明: 阅读每项技能和相应的范例。如果你孩子通常展示该技能, 请勾选此框并继续学习下一项技能。如果你孩子在开发技能方面遇到了挑战, 请勾选此框, 并阅读在家练习的想法。可选项: 记下你孩子与每项技能相关的优势和挑战。

Skill 技能	My child has had challenges developing this skill 孩子发展该技能有困难	My child can usually do this skill 孩子可以做到这个技能	Ideas to build skills at home 家庭练习建议
<p>Stays dry for 2+ hours 保持 2 小时以上尿片干燥</p> <p>Example: Does your child stay dry up to two or more hours without a wet diaper? 范例: 如果没有尿湿尿布, 你孩子是否会保持两个小时或更长时间尿片干燥?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>1. Give positive praise and encouragement when your child stays dry for longer and longer periods of time. 当你孩子长时间保持尿片干燥时, 给予积极的赞扬和鼓励。</p> <p>Comments/questions 建议/问题:</p>

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<p>Sits still for two minutes 坐了两分钟</p> <p>Example: When you say, "Squat down on or stand by the toilet," does your child squat or stand for two minutes? 范例: 当你说 "蹲下或站在马桶旁" 时, 你的孩子蹲下或站立两分钟?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<ol style="list-style-type: none"> 1. Use the strategies identified in Module 4 to improve attention. 使用模块4中所提到的用来提升注意力的教学策略。 <p>Comments/questions 建议/问题:</p>

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<p>Imitates motor actions 模仿大小肌肉动作</p> <p>Example: When you say, “Do this” and model an action (clap hands, touch nose, stomp feet), does your child model the action? 范例:当你说“做这个”并示范动作(拍手, 触摸鼻子, 跺脚)时, 你孩子是否会模仿该动作?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>1. Use the strategies identified in Module 4 to teach imitation. 使用模块4中所提到的用来教授模仿的教学策略。</p> <p>Comments/questions 建议/问题:</p>
<p>Follows one-step directions without a prompt 在没有提示的情况下遵循一步指令</p> <p>Example: Does your child follow at least 5 simple directions such as: walk with me, stand up, my turn, give me your shoes? 范例:你孩子是否遵循至少 5 个简单的指令, 例如: 跟我走, 站起来, 轮到 我, 将你的鞋子给我?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>1. Use the strategies identified in Module 4 to teach following directions. 使用模块4中所提到的用来教授跟从指令的教学策略。</p> <p>Comments/questions 建议/问题:</p>
<p>Able to pull up and pull down clothing 能够拉起并拉下衣服</p> <p>Example: Does your child pull up and pull down elastic waist pants and underwear? 范例:你孩子是否能拉起并拉下有松紧带的裤子和内裤?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>1. Initially teach imitation skills described in Module 4. 初步地教授模块4中所描述的模仿技能。</p> <p>2. Use the strategies identified in Module 11 to teach fine motor skills. 使用模块11中所提到的用来培养精细动作技能的教学策略。</p> <p>Comments/questions 建议/问题:</p>

Toilet Training Plan 如厕培训计划

Homework: Module 12 – Bathroom Break

家庭作业：第12模块：上厕所时间：如厕训练的工具

Follow the steps below to help you draft a toilet training plan for your child.

请按照以下步骤帮助你为孩子起草如厕培训计划。

STEP 1: Identify timing to create a predictable schedule 第1步：确定创建可预测计划的时间表：

Track the times of day when your child usually needs a diaper change: 跟踪记录孩子通常需要换尿布的时间：

_____ : _____ ; _____ : _____ ; _____ : _____ ; _____ : _____ ; _____ : _____ ; _____ : _____

Consider setting predictable schedules for meals, snacks, and drinks to encourage elimination at set times each day.

考虑设定进食，吃零食和饮料的可预测时间表，以鼓励他们在每天的固定时间排便。

Plan 计划：

STEP 2: Use consistent language: 第2步：使用一致性的语言：

During the above times, use consistent language to direct your child to use the bathroom (i.e. “It’s time to go to the bathroom”). What language will you use when communicating with your child about using the toilet?

在上述时间内，使用一致性的语言指导你孩子使用厕所（即“去上厕所”）。在与孩子沟通使用马桶时，你会使用哪种语言？

Plan 计划：

STEP 3: Integrate a visual schedule: 第 3 步: 整合视觉课程时间表:

When entering the bathroom, use the visual schedule to identify each step of the bathroom routine. What visuals will you use with your child to teach them to use the toilet?

进入厕所时，使用视觉时间表识别上厕所的日常活动每个步骤。你会用什么视觉材料教你孩子上厕所用马桶？

Plan 计划:

STEP 4: Use positive reinforcement: 第 4 步: 使用正强化:

Reinforce with praise, a token chart, and/or tangible reinforcers. What reinforcers will work best for your child?

用赞扬，代币图表和/或有形强化物巩固加强。什么强化物最适合你的孩子？

Plan 计划:

STEP 5: Identify necessary skills: 第五步：确定必要的技能:

Use the information gathered above to identify 2-3 target skills your child needs to learn to be successful (sitting, attention, motor skills, etc.). Write the skills below:

使用上面收集的信息来确定你孩子学习成功所需的 2-3 项目标技能(就坐, 注意力, 动作技能等)。写出下列技巧:

Plan 计划:

STEP 6: Teach beyond the home: 第 6 步：教家庭以外的活动:

Teach your child to use the bathroom in community settings. Stick to the schedule and use visual supports. In what other environments could you work on toilet training with your child?

教你孩子在社区环境中使用厕所。坚持计划并使用视觉支持。你可以在其他环境中与你孩子一起进行如厕训练吗?

上厕所训练

1

2

3

4

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1 一起努力资源 - 厕所训练视觉日程表

沿着这条线裁剪

在这里附上其他页面

视觉日程表

5

6

7

8

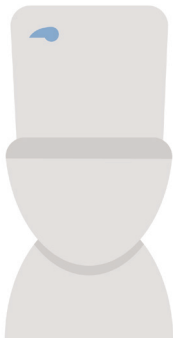
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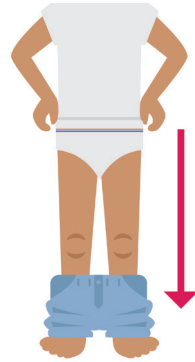
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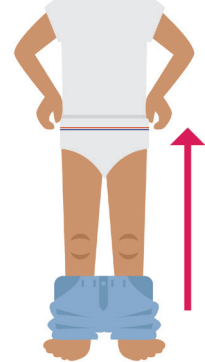
上厕所



脱下裤子



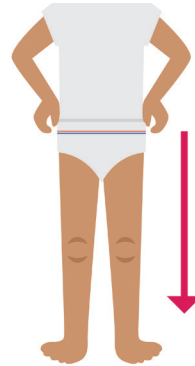
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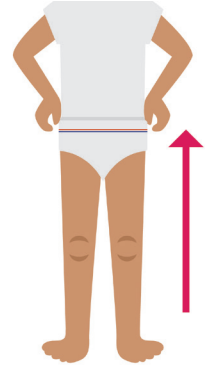
去拿厕所纸



脱下底裤



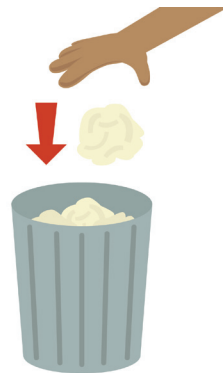
穿上底裤



擦屁股



将厕所纸扔到纸篓中



上厕所





洗手



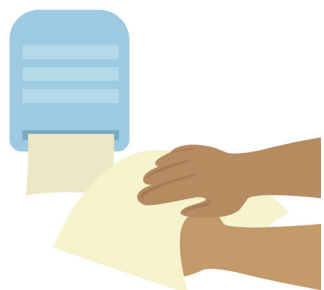
卫生纸



纸巾



擦干手



使用洗手液



洗手液

