

The 3-Day Potty Training Kickstart

A SIMPLE PLAN TO HELP YOUR AUTISTIC CHILD
TAKE THE FIRST SUCCESSFUL STEPS TOWARD
POTTY INDEPENDENCE.



AUTISM PARENTING SIMPLIFIED

THE 3-DAY POTTY TRAINING KICKSTART



If potty training hasn't worked yet, it's usually not because your child can't learn.

It's because the setup wasn't right. This quick-start guide will walk you through the three most important things to set up before you begin potty training so your child is much more likely to succeed. *In the full program, we walk you through the complete step-by-step system.*

This guide will help you prepare the foundation.

"Children learn the skills we consistently teach and reinforce."

THE 3-DAY POTTY TRAINING KICKSTART

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Choose the Right Reinforcement

Many autistic children aren't motivated by the potty itself. They need a clear reason to try. (See Worksheet Example)
In the course we show you exactly how to deliver reinforcement so it actually works.

Create a Simple Potty Routine

Example:

Start with 3-5 potty opportunities per day.

Example schedule:

Morning wake-up

After meals

Before bath

Before bed

(See mini-worksheet)

Inside the course we show how to adjust the schedule based on your child's learning pattern.

Decide Your Training Plan

3 models:

- Timed sits
- Intensive focus
- Gradual shaping

Each approach works for different children.

3

Which one do you think your child might need?

- ☐ Timed sits
- ☐ Intensive focus
- ☐ Gradual shaping
- ☐ I'm not sure yet

Inside the program we help you choose the right method and walk you through it step-by-step.



WORKSHEET

MY CHILD'S STRONGEST MOVOTIVATORS

In the course we show you exactly how to deliver reinforcement so it actually works.

☐ Small snacks

☐ iPad time

☐ Favorite toy

☐ Stickers

☐ Bubbles

☐ Something else: _____

☐☐☐☐☐☐



MINI WORKSHEET

OUR FIRST POTTY SCHEDULE

Time	Activity
	Morning
	After Lunch
	Afternoon
	Evening

READY FOR THE FULL STEP-BY-STEP PLAN?

Potty training autistic children requires a structured teaching system, not guesswork.

Inside the course you'll learn:

- ✓ How to choose the right potty training method
- ✓ Exactly what to do during accidents
- ✓ How to create a reward system that works
- ✓ What to do if your child refuses the potty
- ✓ How to move from home → school → public bathrooms

If you need
more...Join the
Potty Training
Course...Click on
this link to access
our course!





Hello!

We're so glad you're here.

If you're reading this, chances are you're navigating one of the many challenges that can come with raising a child with autism. Whether you're feeling hopeful, overwhelmed, frustrated, or simply looking for a clear path forward — you are not alone.

Our goal is simple: to give you practical tools that work.

We are a mother-daughter team who have dedicated our lives to helping children learn, grow, and become more independent.

Regan Shaw is a Board Certified Behavior Analyst (BCBA) who specializes in helping children with autism develop meaningful life skills through evidence-based behavioral strategies.

Dr. Shaw brings over 32 years of experience in special education, a Master's degree in Special Education, and a Doctorate in Organizational Leadership. Throughout her career she has worked directly with students, teachers, and families to build supportive learning environments that help children succeed.

Together, we combine behavior science and decades of classroom experience to create strategies that are both effective and realistic for families.

As a mother and daughter team, we also share a deep belief that parents deserve more than general advice — they deserve clear guidance and step-by-step support.

That is why everything we teach focuses on simple systems you can actually implement at home.

In this program, we will walk you through practical strategies designed to help your child build important skills and increase independence.

Our hope is that these tools bring more confidence, more clarity, and more progress for your family.

Thank you for trusting us to be part of your journey.

Warmly,

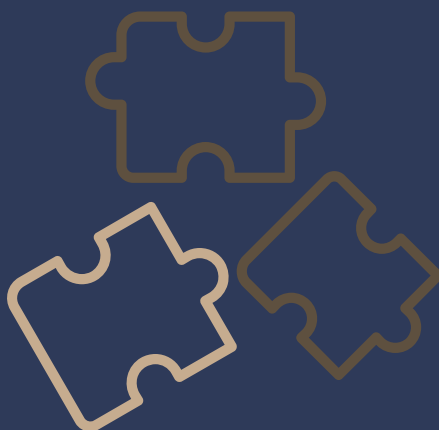
Regan Shaw, BCBA
Dr. Shaw, Ed.D.



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We'd love your feedback!

Your voice means so much to us. If APS resources have encouraged, equipped, or inspired you, would you take a moment to share your thoughts? Your feedback helps us grow, reach more autism parents, and continue creating tools that bring calm and confidence to everyday life.

And if you've learned skills by what you've found here, we'd love for you to tell a friend or share the news about APS with someone who could use a little extra parenting skills and encouragement today.

Thank you for being part of this community—your story truly matters to us.