



VICTORIAN CONTINENCE RESOURCE CENTRE



# Tip sheet: Goal setting to help your child learn

To help your child learn new skills you need to be clear as to what you want your child to be able to do.

The goal you and your child are working towards is being able to use the toilet without help. The booklet outlines five steps, each of which is a goal for your child to achieve that will move them closer to the end goal: *being able to use the toilet without help*. This tip sheet gives information on how to set goals for each skill you will teach your child.

## What is a goal?

A goal is the action or behaviour you want your child to do. For example:

- My child will let me know they need to go to the toilet by using the word 'toilet', picture or sign.
- My child will be able to pull up their underwear.
- My child will be able to sit on the toilet for thirty seconds.

## How to use the goal

Now list the actions that will help your child learn the behaviour you want. For example:

**Goal** – *My child will let me know they need to go to the toilet by using the word 'toilet', picture or sign.*

## Actions

- Each time I take my child to the toilet I will say the word 'toilet' (or the person taking my child to the toilet will say this).
- I will ask my child to say the word 'toilet' or use the picture/sign for 'toilet' when I point to the toilet.
- I will point out the toilet in a story book when reading with my child.

Reward your child when they do the action you are teaching and ignore any negative behaviour. For example: When my child uses the word 'toilet' correctly the reward will be: 'Well done, that's the toilet!' See page 13 in the booklet for more information about rewards.

## Writing a plan

Writing a plan is a good idea especially when there are others involved in teaching your child the new skill. The plan should include the goal and the actions to be used to teach the behaviour in the goal. It doesn't need to be anything too complicated; you may choose to just jot down the points. Over the page is a more formal kind of plan that you can fill in if you wish. Whatever you use will help your child learn as everyone will be clear on what is being taught, how it is being taught and the rewards that are to be used. A written plan will give certainty to your child and help prevent confusion.

The purpose of the plan is to make sure that everyone involved in helping your child with developing toilet skills has a consistent approach.

# Toileting skills plan

Child's name

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Date

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Goal

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Reward

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Learning actions

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