

Research Question

Which evidence-based OT interventions improve participation in toileting routines in young children with toileting dysfunction? (See Figure 1)

Introduction

Children with Autism Spectrum Disorder (ASD), Sensory Processing Disorders (SPD), or both, often encounter toileting challenges early in life, highlighting the need for targeted interventions.

Evidence from these interventions indicates positive outcomes, supporting the use of occupational therapy for young children experiencing toileting challenges.

Method

- **Databases:** CINAHL, Academic Search Complete, PsycINFO
- **Keywords:** Activities of daily living, autism spectrum disorder, caregiver training, child, children, occupational therapy, sensory integration, sensory processing disorder, social stories, telehealth, toileting, toileting dysfunction, toilet training, interventions, young children.
- **Search Dates:** May 2026 - May 2026, Follow up search: May 26, 2026
- **Inclusion Criteria:** Peer- reviewed studies on OT interventions related to children and toileting
- **Exclusion Criteria:** Non-peer reviewed literature, dissertations, and presentations
- **Included Studies:** 5 studies met inclusion criteria

Figure 1 . *Toileting Routines in Young Children*



Generated by Google Gemini AI

Results

- Five studies met inclusion criteria (Figure 2)
- Evidence is limited by the small size and low methodological quality of existing studies.
- Caregiver coaching improved toileting participation.
- Telehealth increased caregiver confidence.
- Sensory-based interventions improved outcomes.
- Social stories enhanced toileting skills.
- Overall findings supported occupational therapy interventions.

Discussion

Occupational therapy interventions improved toileting participation, with positive outcomes supported by caregiver coaching. Sensory-based interventions and social stories showed promise for enhancing toileting independence, while telehealth increased access to services and caregiver engagement.

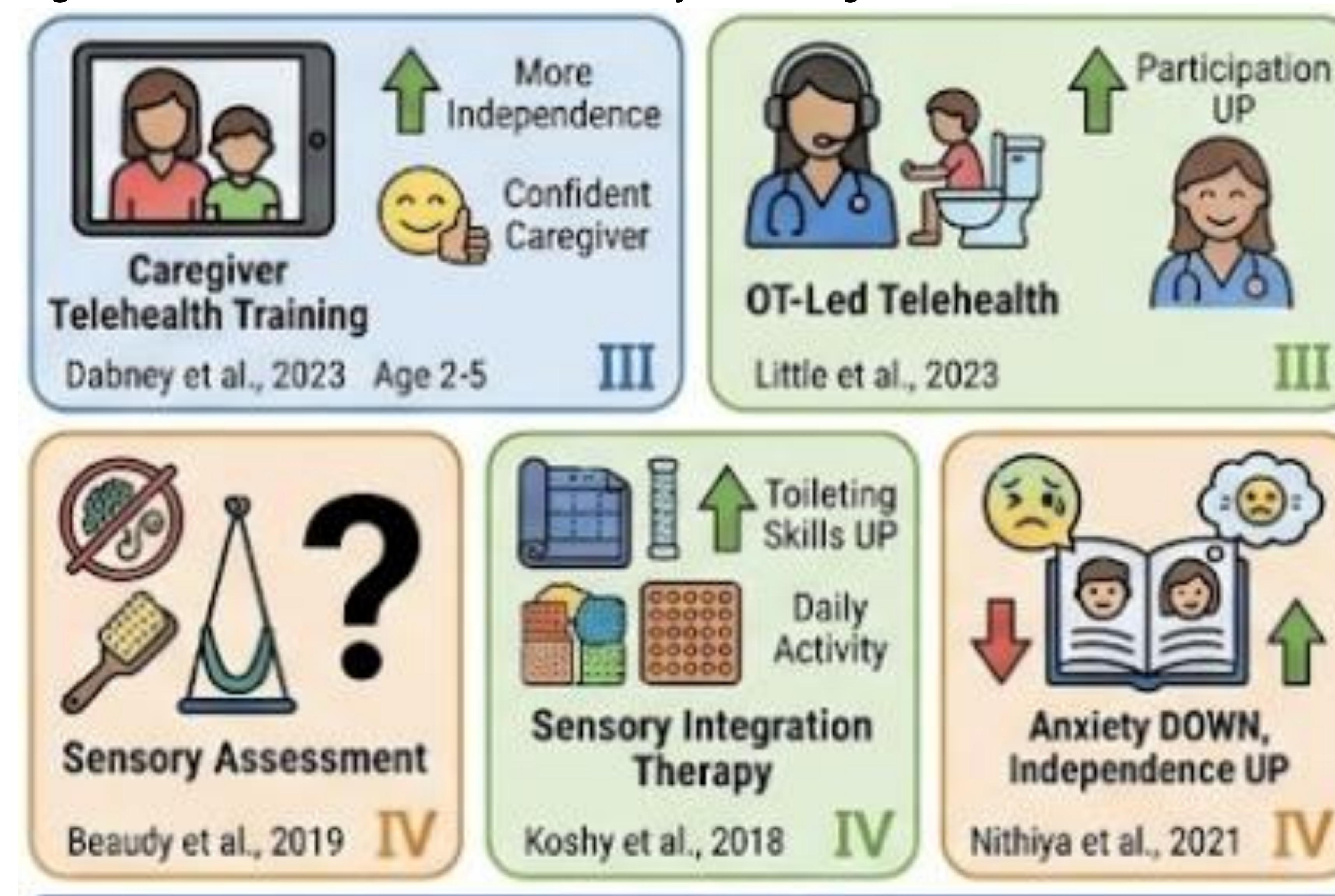
Conclusion

This systematic review indicates that OT interventions, particularly telehealth caregiver coaching, sensory-based approaches, behavioral supports and social stories interventions are associated with improved toileting participation in young children with toileting dysfunction. Future research with larger, randomized, and longitudinal studies is needed to strengthen evidence base and determine the most effective OT interventions.

References



Figure 2 . *Evidence-based OT Interventions for Toileting*



Generated by Google Gemini AI