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Meet the Stokes Family and Hear About the Challenges They Faced with Toilet Training and Gain a Few Helpful Tips

Michael and Teri Stokes moved last year into an older home with a big yard for their sons Noah (6 1/2) and his little brother, Blake (4) to enjoy. Michael does construction on the side and the boys love to help and watch him! To expand on this interest the boys go to Home Depot workshops every month where they build a little project; they get to use hammers and screwdrivers. The Stokes Family just finished planting a new garden; the boys love to dig in the dirt, make mud and play in the sand.

Noah, their oldest son, has Down syndrome and a month after he was born the family attended the National Down Syndrome Conference and met with a speech therapist. The therapist was very helpful in getting the family connected with the right people and offered many suggestions and questions for them to ask Developmental Pathways. She later became Noah's Speech Therapist when Noah started receiving speech and physical therapy at three months of age in Pathways Early Intervention Program. Noah is now in Pathways Family Support Services and this therapist continues to advocate for him.



Today Noah loves anything sports related and has a great throwing arm. He's played a little soccer and has participated in sports camps.

Michael and Teri Stokes are one of the many families who participated in the Toilet Training Seminars at Developmental Pathways taught by Dr. Susan Hepburn, an expert in the field.

Teri talks about her and her husband's Toilet Training experience with Noah, "We heard toilet training would be an arduous process and were prepared for the worst. It seemed Noah was ready to practice after his second year of preschool. He started off in underwear one morning (after he went to the bathroom successfully) and went out to play and wet his pants three times within 10 minutes. I quickly decided he wasn't ready and we would try again later. He continued to wear pull-ups to Kindergarten and was on a good bathroom routine at school and home. He woke up in the morning dry and stayed dry all day as long as we remembered to tell him to use the bathroom.

Before his 6th birthday, I realized he hadn't wet his pull-ups in weeks and it was time to try again. Since his 6th birthday, he's only had a handful of accidents. He is still on the routine that was suggested by Dr.

Susan Hepburn during the Toilet Training Seminars. We will be trying to get him to use the bathroom more independently and again with Susan's help, we have some great ideas to start working on it this summer."

Knowing Dr. Susan Hepburn was instrumental in the Toilet Training video, Teri would highly suggest it to others. Teri noted, "Susan has a wonderful way of explaining behaviors and inspires you to think about a situation differently."

When Teri was asked about advice for other parents trying to Toilet Train their children, she suggested, "Attending Dr. Susan Hepburn Seminars or watching the DVD and setting up the routine first while the child is in pull-ups and then practice with underwear, may help parents to keep from becoming overwhelmed. I think the routine has been instrumental in Noah's success."