

Bravery Ladder

hard

7. Child flushes the toilet without covering ears.

6. Child flushes the toilet while a parent holds hands over the child's ears.

5. Child stays in the bathroom while someone flushes (watch for "safety behaviour" of quickly running out of the bathroom after the flush).

4. Child watches someone flush the toilet from outside the bathroom with door open (turn this into multiple steps by gradually standing closer to the door).

3. Child listens to a toilet flushing from outside the bathroom with door closed.

2. Watch a video of a toilet flushing with no sound (turn this into multiple steps by gradually increasing the volume).

1. Draw a picture of a toilet and take turns making exaggerated flushing sounds together.



Rewards

7. "Princess for a day" at Grandma's house (immediately).

6. Ice cream sundae.

5. Nail polish (immediately).

4. Sparkly playdough (immediately).

3. Shiny hair band (immediately).

2. Temporary tattoo (immediately).

1. Trip to favourite playground (immediately).

easy

