



Top Tips for Toileting

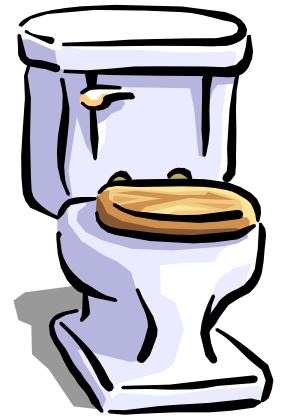
Learning to wipe after using the toilet can be difficult for many children. This is because it is a complex task which needs balance, core stability, co-ordination, body awareness and sensation.

Awareness

Sensation is important - are they aware that they are dirty and need to wipe?

Teach the child to wipe 5 times and check - they may not be able to feel when they are clean so it may help to have a specific number of times to wipe.

Try using potty wipes instead of toilet paper, as these can help with cleansing and are often easier to wipe.
*These often are not flushable.



Motor skills & Balance

Can they reach the toilet roll? Are they able to reach their arm around? Teach how to fold the toilet paper.

Do they look balanced on the seat? Having their feet supported on a step may help them balance. If they are really struggling with balance, then a rail on the wall might help.

If the child cannot remember the sequence of actions to be done, provide a visual reminder of these for them to follow
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Activity ideas....

- > Practice at home on the weekends and during holidays when there is more time.
- > Does the child know where to reach to wipe? They could practice taking a blob of blu tack from underneath their chair, or taking selotape off the outside of their underwear while wearing it.
- > Practice the movement needed for bottom wiping. For example, passing a ball or balloon around the body when standing or sitting; or playing tunnel ball where a ball is rolled between the legs.
- > Does the child understand the concept of wiping? Try practicing with something they can see in front of them. E.g. Wiping peanut butter or chocolate sauce off a plate.



> In the bath, play games such as putting shaving foam "blobs" at different places on the child's back for them to wipe off.

> Encourage the child to go to the toilet at regular times to encourage a regular bowel habit.



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