

TOILETING

SELF CARE - BOTTOM WIPING



To become independent in going to the toilet your child has to master several skills. Once they have gained bladder and bowel control they need to learn how to clean themselves. This involves reaching behind themselves, being able to turn their hand and knowing/feeling where to wipe.

ACTIVITY IDEAS

The following ideas are to help your child master these skills:

Use a long mirror to dress in front of and play “body awareness” games in front of it:

- Ask them to touch and name different body parts (front and back), whilst looking in the mirror to visually reinforce the physical feedback of touching.

- Touch different body parts (front and back), and ask your child to touch the same part whilst looking in the mirror. If they find this difficult, maintain your touch until they find the correct spot.

- Play games involving passing objects backwards / forwards to someone sitting in front / behind. Work on improving rotation of your child’s body to both sides: reaching and looking behind themselves. This can be done in sitting and / or standing to allow an object to be passed between the legs / overhead

- Pass an object around the body at waist level, such as a scarf, bean bag, toy, firstly in one direction and then the other. Once his can be



achieved without the object being dropped and with a reasonable speed, progress to passing the object round and between the legs in a figure of eight. Again, this can be done in standing / sitting on the floor with knees bent and back supported if necessary or by sitting on a low bench.

- Retrieve a scarf or handkerchief tucked into the back of their waistband, with either hand. Progress to learning to tuck it back in again, partially at first, then fully. If needed, use a long mirror to help.
- Try retrieving the scarf from the waistband by reaching between the legs
- Play “hunt the object” where your child sits on the floor and feels for objects behind them, without looking / eyes closed, if possible. Place one object at a time. Make the game more challenging by asking your child to identify what they have found by touch alone.
- Play “feel and find” game. Stick lightweight objects to the back of your child’s trousers for them to feel for and pull off. Use sticky tape or masking tape, doubled back on itself with make- up pads, scrunched tissue / kitchen paper “balls”, cotton wool or similar. Gradually reduce the size of the objects as your child’s skill develops, finally using small pieces of sticky labels.
- Visual aids may be useful as a reminder for your child, for example:



Adapted from Glasgow and Clyde NHS