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**Therapi Galwedigaethol Plant**  
Canolfan Iechyd Plant Wrecsam  
Ffordd Croesnewydd, Wrecsam LL13 7TD

**Children's Occupational Therapy**  
Wrexham Child Health Centre,  
Croesnewydd Road, Wrexham LL13 7TD

## Toileting Skills

Bottom wiping is a skill that often needs to be taught rather than children learn it by themselves. Many children experience difficulties in learning to wipe themselves because it is a complex task which needs, co-ordination, proprioception and sensation.

### Hints and tips

- Make sure your child is comfortable and secure when sitting on the toilet with their feet supported on a step and they can reach the toilet roll. If they find it difficult to balance use a toilet insert.
- Practice at the weekends and during holidays when there is more time.
- Sensation is important - are they aware that they are dirty? Try using games to develop this skill such as getting them to wipe foam or soap off their body in different places.
- During dressing routines practice reaching behind to pull up and pull down underpants, skirts and trousers.
- Teach the process of wipe, check and throw away and get them to repeat this until they are clean.
- To develop wiping techniques, show your child how to wipe. Try asking them to help you wipe the table after dinner, dust the shelf, wipe the kitchen side or wipe down the sink after brushing their teeth.
- If your child is struggling to develop wiping skills, then try the **Target Game**.
- Encourage your child to wipe their bottom area dry after the shower or bath.
- Moist flushable wipes can help with cleansing and are often easier to use. You can give them a small packet to take to school also if needed.
- Try using fun games to help them develop the reach they need to clean themselves.



- If the child struggles to remember the sequence of actions to be done, place visual reminder's of these for him or her to follow.
- Encourage the child to go to the toilet regularly after meals to encourage regular bowel habits.
- If the child has soiled his/her pants and he/she is older, encourage putting the soiled pants in the washing machine and washing them. Try to praise effort even if they are still making some mistakes.
- Some children find it easier to stand up to wipe.

**Allow extra time for your child to practice these new skills**

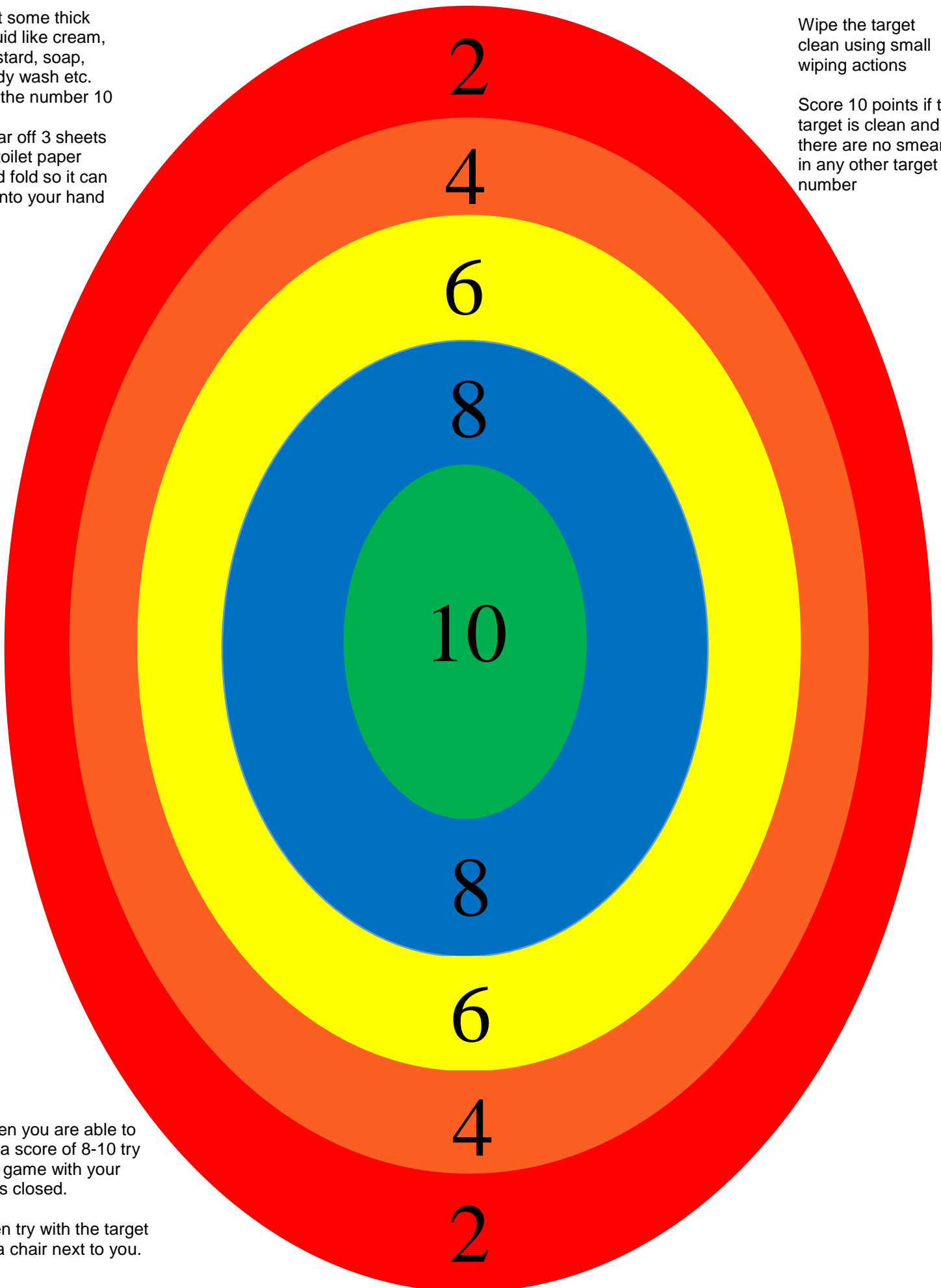
# Target Game

Put some thick liquid like cream, custard, soap, body wash etc. on the number 10

Tear off 3 sheets of toilet paper and fold so it can fit into your hand

Wipe the target clean using small wiping actions

Score 10 points if the target is clean and there are no smears in any other target number



When you are able to get a score of 8-10 try this game with your eyes closed.

Then try with the target on a chair next to you.