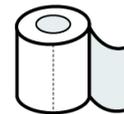


Barnsley Children's Therapy Services Bottom wiping Task breakdown



Name:

NHS Number:

Stage 1

Practice in the bath – use a sponge or a flannel.

- Practice reaching behind & underneath, varying the amount of pressure you use.
- Practice wiping front to back (especially if you're a girl).

Stage 2

Practice scrunching up the paper.

- Scrunch A4 paper to make a ball (use the ball as part of a target game).
- Scrunch up kitchen roll into a ball then use to wipe away 'windowlene' etc.
- Scrunch up 4 pieces of toilet paper - Laminate a card or draw a target on a paper plate – place a small amount of jam, chocolate spread or peanut butter in the middle and encourage the child to wipe it off without spreading outside a marked area.

Stage 3

Once you feel confident that you know 'where' your bottom is, and you can make a small loose 'ball' of toilet paper, then try on it on the toilet! (can use wet wipes if required).

- Parent completes first few wipes, child completes last wipe.
- Parent completes first wipe, child completes rest of wipes.
- Child completes all wipes.

If child concerned about becoming soiled:

- Teach how to make scrunched up tissue ball (as above) and practice manipulating it
- Provide a damp cloth to clean hands on if does get soiled & teach nail cleaning
- Provide reassurance and support

Additional information:

- Buttons and zips are best kept to a minimum when teaching toileting skills.
- Make sure there is toilet paper near to the child so he/she can reach out while sitting on the toilet.
- Use wet wipes or toilet wipes so that the child is able to clean better.
- Where possible use a foot box (or large catalogue) under your feet to provide additional support and facilitate altering body position.

The following websites have some useful information & advice on toileting including soiling & constipation:

<http://www.eric.org.uk/InformationZone/Leafletsandresources>

<http://www.disabledliving.co.uk/Promocon/Publications/Children/Toilet-Training>

**Contact Children's Therapy if further advice or information is required:
01226 644396.**