



South West Yorkshire Partnership NHS Foundation Trust
Barnsley Children's Therapy Services

Activities to promote bottom-wiping

Name:

NHS Number:

Pass a ball or balloon around the body passing from one hand to the other.

Pass a small ball or balloon around the legs in a figure of eight.

Stick stickers on different places on the child's body – front and back and get the child to find the stickers.

Use wet wipes or toilet wipes so that the child is able to clean better.

Advice for parents

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 at home.

Practice using toilet paper at home; scrunching or folding and the wiping action.

Laminate a card/Draw a target on a paper plate – place chocolate spread or smooth peanut butter in the middle and encourage the child to wipe it off without spreading out to the outside areas away from the red centre.

Contact Childrens Therapy if further advice or information is required
01226 644396