



# Occupational Therapy Strategies

## Toileting Skills

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Name: .....



## **Things to consider**

Bottom wiping can take many months of practice for a child to master. Be patient with the child and encourage them to participate as much as possible. The child may find bottom wiping difficult, as they have to reach and find their bottom without being able to see what they are doing. They may also have difficulty holding the tissues correctly, applying the right amount of force when wiping and then repeating the wiping action. Always make sure the child knows to wash their hands well after wiping their bottom.

## **Posture**

Ensure that the child sits on the potty/toilet with their feet supported either on the floor or on a box.

## **Before you start wiping**

- Explain to the child why it is important for them to wipe their own bottom, for example 'to stop a bad smell' or 'to stop their bottom from being itchy'.
- Show the child what it is they need to do. This can be when they need to use the toilet or through pretend play, for example modelling on a doll.
- Talk through the steps involved with going to the toilet to help the child understand.
- Some young people may benefit from a visual prompts to remind them of the steps involved in using the bathroom (see visual time table at the back of this handout)

## **Try the following**

- You can start by using wet wipes if using tissue is a bit tricky. Try and teach them to use tissue once they have mastered using wet wipes.
- Count aloud the number of sheets of tissue required, fold them over and reinforce wiping from front to back.
- Some young people find it easier to get off the toilet to squat for wiping.
- If appropriate, use a mirror with the child to help them identify if they are clean.
- To practice the movement involved in wiping your bottom, place Post-it Notes on the child's lower back when they are sitting down and have them pull them off.
- Use reward charts/stickers each time the child successfully wipes. Praise all attempts!
- Put a pong ball in the toilet bowl/place a sticker at the back of the bowl to help young boys practice their aim.

## **Bottom Wiping Game**

This game is designed to practice the movements involved in wiping our bottoms. It can be particularly helpful for young people who are smearing instead of wiping.

- Squeeze some chocolate sauce or peanut butter onto the middle of the bull’s eye.
- Encourage the child to wipe the sauce with a “scooping” action.
- Try to keep the sauce in the “yellow zone”.
- Keep scores – e.g. 10 points for yellow zone, 5 points for red, 1 for blue and 0 for black or white.
- Once the child can manage this, try sticking the bullseye underneath a chair to make the activity more challenging.
- This means the child cannot see what they are wiping and will need to check the tissue is clean to know when the bullseye is also clean.
- The child may need to be reminded to check their tissue after each wipe.
- Try the activity 5 times to get a total score.

### **Score Sheet**

<b>Date</b>	<b>Scores</b>	<b>Total Score</b>

### **Reward Chart**

Activity	Tick each time it is achieved	Star when consistent
Selecting the right amount of toilet roll/wipes		
Folding/scrunching toilet roll/wipes		
Reach around to bottom		
Attempt to wipe bottom		
Getting bottom clean		



# BULLSEYE TARGET





