

BOTTOM WIPING ADVICE

There are several components to bottom wiping and the following are activities and adaptations that may be helpful.

Using the toilet paper:

- Consider using flushable toilet wipes. These are often easier to hold and use. They do not need you to be as accurate when using and can increase the sensation of touch in that area.
- At first some assistance may be needed. You may need to guide the child's hand through the movement (hand over hand). This may be needed to be done quite a few times so that the child can feel the movement and feel the reach that is needed.
- As they improve you may then just give verbal prompts for the sequence of tasks needed.
- Following this visual prompts may be useful e.g. a picture list of what needs to be done. The child can look at this when wiping themselves.

Time:

- Try not to rush!
- Consider if your child is ready to try this activity. You may want to wait until they are feeling more confident generally and you may want to try some of the other activities that develop grip and awareness of "behind" first.

Getting ready to try:

- It may be difficult for your child to realise and know where their back and bottom is. To help increase this awareness you may find it useful to play with bean bags, balloons, quoits etc. and pass them between the legs, passing from hand to hand behind and around the body etc. This requires the sense of touch to be used rather than vision.

Equipment:

- Depending on how things progress you may want to consider the use of equipment such as long-handled wipers. These are available from various outlets and a search on-line will give you an idea of what is available.

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