

Strategies to help teach wiping technique following toileting

The ability for your child to wipe themselves after toileting is a necessary and important step in the toilet training process. It is a positive step towards independence but can be a frustrating one. Sensory difficulties can make the task more difficult to accomplish but with a consistent approach and lots of encouragement your child will get there! Use lots of positive reinforcement (such as a star chart with agreed 'prize' when a target is reached).

- Try modelling toileting including wiping technique. Allow your child to watch the same sex parent so that the child understands what to do. Ensure that you verbally explain what you are doing.
- Check that the bathroom is calm and uncluttered.
- Ensure that your child's feet are supported when seated on the toilet to improve postural stability e.g. use a toilet step.
- Use flushable wipes for the first wipe and then 'dry' with normal toilet roll. Consider refrigerating the wipes to increase the tactile feedback initially.
- Teach your child how much paper is appropriate to use and how to fold the paper before using.
- Try not to use negative words (such as 'yuck') during the task.
- Approach wiping in steps. For example, to start with encourage the child to do the first wipe before the adult finishes, progressing to child wiping with adult's verbal directions. Aim to decrease the verbal instructions given, moving to independence in the task.
- It may be easier to stand on the floor to wipe rather than sitting on the toilet.
- Try using a full-length mirror in the bathroom. Encourage your child to bend over and look between their legs so they can see where to wipe.
- Please follow the link for **technique to teach wiping** with your child <https://www.youtube.com/watch?v=lcUaqhN-BGE>

Activities to help improve trunk rotation and body awareness – specifically to help improve child's toileting hygiene

- Simon Says game – incorporate lots of twisting round to reach/pat bottom
- Statues Game – encourage child to hold various body positions, again, try to incorporate positions where child rotates trunk to rest hand on bottom
- Stick stickers onto the back the pants and encourage your child to remove them
- Increase complexity of body positions by creating 'specific areas' around the bottom which child needs to touch while playing above games, for example: left half, right half, top of right half, bottom of left half, middle/outer edge of left half etc. A bit like 'Twister' game but using body rather than floor mat!

- Passing an object, such as a ball or scarf, around body and through legs – objective is to build up amount of times child can successfully get object around body without dropping.
- Sitting on floor, roll ball over legs, across tummy, around side, across back and round again – objective is to maintain contact with body at all times and not touch the floor, or drop ball.
- Stand in a line with friends/ siblings/ familiar adults. Person at head of line (leader) rolls ball firmly up body from feet all the way up to head, person standing behind in line takes control of ball and proceeds to firmly and slowly roll ball down the leader's back all the way down to feet, then brings ball up own body and process continues. Leader then goes to back of line to make way for a new leader. Objective is to press firmly, roll slowly and not to drop ball.
- Practice above activities blindfolded for extra challenge!