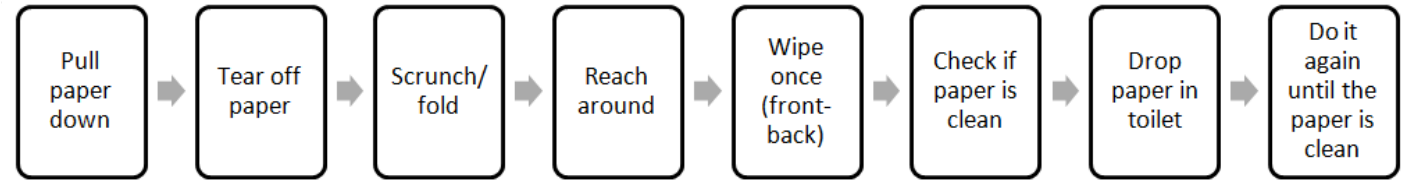
NHS Lothian - University Hospitals Division
Children and Young People's Occupational Therapy

Bottom Wiping

General Tips

- Practise when there's no time pressure.
- Name the steps as you do them:



- For some children a picture strip might be helpful.
- Involve your child even if you're doing the actual wiping. Could they flush? Do a wipe after they're clean? Tell you if the toilet paper is clean or dirty?

Problem Solving - Is your child:



Not sure where to wipe?

- Some children find it tricky to find the right spot. Practise reaching behind in fun ways:
  - Peg Hedgehog: attach clothes pegs to your child's clothes, putting lots on their back/bottom, and see if they can find the pegs and pull them off – see photo, or scan the QR code for a video
  - Simon Says: pat bottom, clap hands behind back etc.
  - Bum-Bag Rummage: your child sits down wearing a bum-bag with the bag at the back. Inside are things that feel different, e.g. a coin, a pencil, a tissue. You name an object to for them to feel around and find.
- Ask your child to clean their bottom in the bath using a separate cloth. It's a mess free way to practise finding the right spot and wiping.

Not sure what wiping is?



- Involve them in other wiping activities:
  - Wiping up a spill on the table
  - Make a target on plastic, e.g. on ice cream tub lid, put a blob of chocolate spread in the middle, and see if they can wipe it off.
  - Wipe chocolate spread off a plastic dolly's bottom.

Worried about getting dirty?

- Wrap toilet paper round their hand.
- You do the first wipes and they finish off so it's less messy.

Unsteady when trying to wipe?

- If they're sitting on the toilet to wipe make sure their feet are supported on a step.
- It might be easier to stand. Some children put one leg up on a step. Is there something they can hold onto with their non wiping hand to steady themselves?

Related Websites:
www.eric.org.uk
https://highlandliteracy.files.wordpress.com/2015/12/bottom-wiping.pdf
https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/bottom-wiping-activity-sheet/

Website: www.children.nhslothian.scot Final Version
Facebook: @NHSLothianAHP **YouTube:** Children and Young People's Therapies and Support
Telephone: 0131-312-1070 (Edinburgh)/ 0131-446-4013 (East & Midlothian)