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Bwrdd Iechyd Prifysgol
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Need Help with Bottom Wiping?

Now that your child has gained the control they need of their bladder and bowel, and can take themselves to the toilet at the right time; the part of the process they need to learn next, is how to clean themselves independently. For a lot of children this can be a bit tricky and it is a skill that they need to have broken down to help them learn successfully. What seems like a simple task, actually involves a number of steps. All of which may need practising, e.g. Reaching behind, turning their hand, knowing where and how to wipe.

Activity ideas

The following ideas are simple activities that can be played at home, all of which can help with the skill of learning how to wipe your bottom!



1. Play games involving passing objects (e.g. a soft toy, beanbag, ball) to someone either standing or sitting, in front or behind them. A bit like pass the parcel, but with everyone sat in a line. Practise turning to both sides and encouraging your child to look over their shoulder, this will help them turn.
2. Hide a scarf or a handkerchief into the back pocket or waistband your child's trousers/skirt. Ask them to try and retrieve it with either hand. Practise tucking it back in again, first partially and then fully. If necessary use a full length mirror to help.
3. You can also try hiding clothes pegs on the back of your child's clothes, the bottom of their jumper or back of their trouser is a good place to hide. Encourage them to look by asking them to find different coloured pegs.
4. Play a "feel and find" game - Find 4 or 5 small objects in the house (this can be anything, e.g. a domino, a hair bobble, a small toy, a nut & bolt, a small peg, etc.) Let your child have a good look and feel of the objects before placing them all into a long sock. Hide the sock behind your child's back and then encourage them to reach behind into the sock and find an object of your choice. When they have found the object ask them to pull it out of the sock. If they don't find it, keep going until they do! For a challenge, see if your child can attach the sock to the back of their clothes.
5. Practise wiping in the bath or shower using shaving foam and a face cloth. Try spraying the foam in different places, e.g. arms, backs of legs, back
6. Play a "wiping game" – Practise wiping shaving foam or chocolate sauce off a plate, upturned bowl or balloon. Encourage your child to count out the sheets of toilet roll and scoop with their fingers. After they have wiped, get them to check the tissue to see if it is clean and help them to decide what to do next.



For extra challenge you can try hiding raisins in the foam or the sauce and encourage your child to pick these up as they're wiping. Alternatively, you can hold the balloon behind your child and encourage them to reach behind and wipe off the balloon. Remember with little girls to practise wiping from front to back.