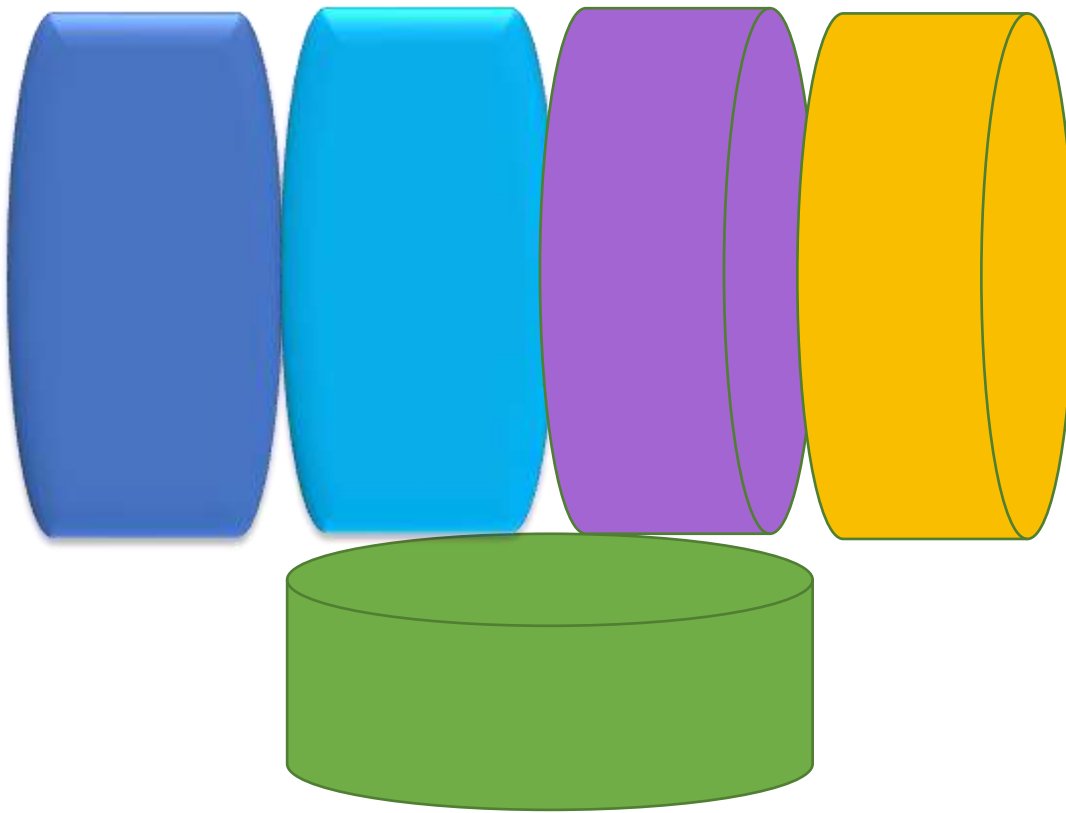




BODY AWARENESS & BOTTOM WIPING DIFFICULTIES



BOTTOM WIPING DIFFICULTIES

WHAT WE DO TOGETHER MATTERS.

WE CARE. WE LEARN. WE EMPOWER.



Body Awareness & Bottom Wiping Difficulties

Compensatory Strategies

- **Mirrors** – using vision to support touch can help a child to work out where the hard-to-reach areas are. They can then also use the mirror to do a final check over.
- **Wet wipes** – offer an easier and more effective method to remove faeces than paper.
- **Cheaper toilet paper** – gives more tactile ‘feedback’ than softer more expensive paper.
- **Position** – your child may find it easier (if their balance is good) to stand up to wipe, with one leg resting up on the toilet seat or bin. They can then look down to see what they are doing. If a rail is available encourage them to hold on with their non-wiping hand.

Addressing Postural Issues

- Consider the way your child sets themselves up.
- **Are their feet flat on the floor?** Are they leaning forwards slightly? Is their trunk strong enough to brace or do they need to rest down on an arm across their legs or lean on a rail? Do they feel stable?
- Is the toilet paper within easy reach so the child does not have to stand/twist and so will avoid any ‘squishing’?



Addressing Planning Issues

- Help your child organise a plan. Talk about starting from the front (forwards of rectum) and working from the left side across the middle and out to the right side. Working in 'rows' start moving backwards (past rectum) until they reach far enough back that the toilet paper is clean. Then go back over the entire area for one more check. Using the same pattern of movement will help the child self-evaluate how well they have done and which areas they missed.
- To start with allow your child to wipe only once with the toilet paper before disposing. Agree on a certain number of sheets to wipe to help the child to organise how much to pull off.

Improving Body Awareness

- The sense of touch plays an important role. Help them develop better awareness of their bottom by encouraging them to use a wash cloth during a bath or shower and 'have a go' at washing themselves in a manner mimicking the wiping action with the toilet paper.
- Encourage them to consider the way wiping the rectum feels different to touching the skin of the bottom cheeks.
- Orientate them to the anatomy of the area using pictures from children's anatomy books.
- For younger children, play games using realistic baby dolls and pretend that they have been to the toilet, encourage your child to wipe the doll's bottom. Role play the strategies you have been working on.

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