
	<p style="text-align: center;"><b>Occupational Therapy Tip Sheet</b></p> <p style="text-align: center;"><b>WIPING AFTER TOILETING</b></p>	
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**What is wiping?** Wiping is the process of cleaning the bottom after toileting.

**Why is wiping important?** Wiping is important for cleanliness, health and social inclusion.

### **What is needed for wiping?**

- The right materials include toilet paper and/or wet wipes. Not all wipes claiming to be flushable should actually be flushed.
- Keep realistic expectations for age and skill of the child.
- Certain twisting and bending motions may not be possible for your child. Not every child will have the motor skills to wipe or wipe thoroughly. An extendable wiping aid or other equipment to help support their posture may be needed. Speak with your Occupational Therapist for suggestions.



- Give clear, step-by-step instructions in a calm and encouraging way. A visual schedule near the toilet is helpful for some children.
- Every time the child uses the toilet, have them try to wipe first with the caregiver completing the task for thoroughness. Have the child look at the toilet paper or use a mirror to help check if they are clean.

### **Step-by-step instructions:**

- Fold several squares of toilet paper in half.
- Show the child how to hold the toilet paper flat in their preferred hand and not wadded into a ball.
- Show the child how to reach back behind them with the toilet paper in hand.
- If they need extra sitting support, make sure their feet are on a footrest and their other hand is holding onto their knee, or a hand rail.
- Have the child, especially a girl, wipe in a front to back direction.
- After the first wipe, have the child look to see if it is clean. If it is dirty, have them fold the toilet paper over so the clean part is on top and wipe again. If it is dirty after their second wipe, have the child release the toilet paper into the toilet and get more toilet paper. Repeat until the toilet paper is clean. Have the child release the clean toilet paper into the toilet. If the child does not have the motor skills to fold over the toilet paper after wiping once, then have them get new toilet paper after each use until it comes up clean.
- Wash hands for the length of 20 seconds to properly kill germs. Count slowly to 20, sing the 'alphabet song', 'happy birthday', or another song to help time the handwashing.

**Skill building activities:**

- Have the child use toilet paper to wipe a dab of peanut butter or chocolate pudding off a white plate without getting any on their hands. If they do not get it off the first wipe, have them fold the toilet paper over again and wipe again until it is all clean.
- Have the child pass a balloon or ball around their body when standing or sitting to a person behind them (practices reaching behind them).
- Play tunnel ball where a ball is rolled or passed between the legs (helps with leg positioning and front to back motion).
- Have the child reach behind to pull a post it note or folded masking tape off their pants.
- Have the child reach to take a wad of Sticky Tac or play dough from underneath their chair.
- Read children's story books related to toileting and wiping.
- Check out a sample activity to practice wiping posted on [YouTube](#).

