

INDEPENDENT TOILETING SKILLS



DESCRIPTION

Many children find it difficult to achieve independence in toileting. Difficulties with postural motor control, balance, body and touch awareness all impact on developing the skills required to manage going to the toilet independently.

The following information outlines strategies and adapted strategies to help with this.

HELPFUL HINTS

- Try holding onto something (e.g. sink) to help with balance while wiping.
- Guide your child's hand to wipe, so they get a "feel" for the correct movements.
- Use wet wipes rather than toilet paper to increase sensory (touch) awareness of where your child has touched
- To increase your child's ability to move their hand behind their body in a controlled manner, play games passing beanbags being and in between the legs.
- Encourage checking the tissue before dropping it into the bowl to establish if your child is clean or not.
- Stand to wipe
- Place a small stool on the floor and place one leg on the stool to help give easier access for wiping. You can also place one hand against the wall to help balance.