

For further information about this service contact:

Paediatric Occupational Therapy Service

Redgrave Children & Young People's
Centre
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Paediatric Occupational Therapy Service

Child Development Centre
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Bedford
MK42 7EB
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We've produced a short video for children and families explaining the Covid 19 changes when visiting sites. The video walks through a clinic visit and has been created from a child's point of view - watch here: <https://vimeo.com/456074930>

To access our website page, visit:
www.cambscommunityservices.nhs.uk/BedsandLutonOT
or scan this QR code



Parking

Disabled parking spaces are available near the entrance at both venues and there is ample other free parking.

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.



**Bedfordshire
Community
Health Services**



Tips for developing Toilet Skills

Paediatric Occupational Therapy



General hints and tips:

- Ensure the child is in a good position on the toilet:
 - ⇒ Feet are supported when sitting on the toilet.
 - ⇒ Arm supports (as needed)
 - ⇒ Use a ring reducer as required ensuring the child is comfortable.
- Position the toilet roll within easy reach for the child. Guide the child on how much toilet tissue to use and how to organise it in their hand.
- Encourage the child to stand to wipe
- Place a small stool on the floor and place one leg on the stool to help give easier access for wiping.
- The child can also place one hand against the wall to help balance.
- Guide the child's hand to wipe, so they get a "feel" for the correct movements.
- Use wet wipes, moist toilet tissue rather than toilet paper to increase sensory (touch) awareness of where the child has touched
- To increase the child's ability to move their hand behind their body in a controlled manner, play games to encourage this, for example:
 - ⇒ Passing beanbags in between the legs.
 - ⇒ Place large stickers or rolled up balls of masking tape on the back of the child's pants to reach and pull off; also practise in a sitting position.
 - ⇒ Play games with animal tails or scarves that tuck loosely onto the back of their pants to reach around and pull off; practise in a sitting position.
- Practice dressing skills with the child, to develop their independence in pulling clothes up/down.



- Encourage checking the tissue before dropping it into the bowl to establish if your child is clean or not. Activities to promote this action include:
 - ⇒ Apply shower gel or soap to the child's bottom at bath time to practise wiping with a flannel. Also encourage the child to wipe their bottom dry with a towel after bath time.
 - ⇒ Use a large, plastic doll and apply vegemite/marmite, shaving cream or hand cream to the doll's bottom for the child to practise wiping off with toilet paper.
 - ⇒ Practise wiping 'clean' other surfaces using toilet paper, such as wiping felt pen off a white board, vegemite off a plate, or chalk off a blackboard.
 - ⇒ Encourage the child to use a new piece of toilet paper after one wipe and to keep wiping until the surface and toilet paper wipes clean.
- Use a visual schedule to develop toileting routine, and as a visual prompt of what to do in the toilet.

