**Trafford Children’s Therapy Service**

**PRIMARY SCHOOL - GETTING READY TO BE INDEPENDENT – TOILETING**

**Strategies for children who are unstable on the toilet:**

* Ensure child’s feet are supported on the ground or a footstool.
* If adult-size toilet is too big for the child, consider using a ring reducer to provide them with more support when sitting.

**Strategies for children who are unstable on the toilet:**

* Use pictures to show child the sequence of steps needed. See website like: www.do2learn.com for pictures.

**Strategies for children who struggle to wipe themselves effectively:**

* Try using wet wipes instead of toilet paper.
* Practice folding 3-4 squares of toilet paper and holding in one hand.
* Encourage child to look at toilet paper after wiping to see if they are clean.
* If child has difficulty reaching behind them, play games requiring them to use their hands behind their backs e.g. passing bean bags behind their backs.
* **Peanut butter training:** Spread a little peanut butter / chocolate sauce on a plate and encourage child to wipe the plate clean using toilet paper without getting any peanut butter on themselves.