

Bottom Wiping

A concern which parents may have when their child starts school is bottom wiping.

On average most children have mastered this by the age of 5 and many younger children will have a good try. Our staff are always around to support and would never let a child struggle, but as they start Reception we will be talking the children through the process rather than doing it, unless there is a medical need, so it's best to start encouraging and supporting your child with this at home as soon as possible.

Here are some helpful tips to get you started.



- **Practise at home regularly** so your child becomes familiar with what to do.
- **Teach a simple routine:** *wipe, check, wipe again if needed, then wash hands.*
- **Show them how much toilet paper to use** and how to fold it rather than scrunching lots together.
- **Encourage them to reach behind** and wipe **from front to back**.
- **Teach them to look at the paper** to check whether they need to wipe again.
- **Expect to help at first.** Let your child have a go before you step in to help and then support using hand over hand.
- **Choose clothes they can manage independently**, especially trousers, skirts and underwear.
- **Praise effort, not perfection.** A simple “*Great trying!*” helps build confidence.
- **Be patient.** Bottom wiping involves coordination, balance and body awareness, so independence develops with practice.
- **Don't worry** if there are a few marks in their pants, this will reduce over time and with practise.
- **Always finish by washing hands thoroughly with soap and water.**

Remember

Little and often is best! Giving your child opportunities to practise at home will help them become more confident and independent when using the toilet at school.