Toilet Training – Bottom wiping – Step-by-step

Instructions for parents

Bottom wiping uses fine and gross motor skills (big (arm and torso) and small (hand and finger) movements), visual perception (looking and recognizing that the toilet paper is dirty, and organisational skills (doing things in order). Many children struggle with these.

1. Regularly practice scrunching paper balls with your child to help them understand what to do (old magazines or newspaper is good for this).
2. Using chocolate spread, put some on the kitchen counter. Using toilet paper, help your child to wipe up chocolate spread: scrunch paper, wipe, throw in bin, repeat until paper is clean.
3. Play games where students have to pick up objects from behind them e.g. stick post-it notes on child’s back and get them to take them off.

When using the toilet, instead of helping your child to clean, use the following chart. Talk your child through the process of bottom wiping step-by-step.



Flush toilet

Paper in toilet

Repeat until clean

Wipe front to back

Scrunch paper

Toilet paper

Poo in toilet