



Personal Hygiene

- Before starting your child should have self awareness and an understanding of the need to be clean, be aware of their body parts, including the functions, location of, and how to reach their private parts.
- Consider the type of clothing your child wears and how easy it will be to manage the clothes.

Activities



- ⓐ Balance activities – rocking from side to side or forwards and backwards when sitting to practice balance for wiping (try this sitting on an inflatable gym ball with feet firmly on the ground). Practice shifting weight from one foot to the other when standing and play games such as passing a hoop or ball through the legs to a person behind you.
- ⓐ Orientation games – put items in back trouser pockets and take them out. Stick a toy tail on yourself, and try and take it off by reaching behind or underneath. Pass items along a line to people standing behind you, using concepts such as ‘over’, ‘under’ and ‘around’.
- ⓐ Body Awareness skills – to help with wiping direction, play games that develop your child’s concepts of front and back. E.g. Simon Says ‘touch the back of your knee’



Toileting hygiene



- Ⓜ Encourage your child to wipe from front to back.
- Ⓜ Consider using a mirror to help your child see whether they are clean.
- Ⓜ Consider using a sequence of pictures to show your child each stage of the process.
- Ⓜ Use wet wipes or flannels rather than dry toilet paper.
- Ⓜ Encourage your child to use sufficient wipes to ensure thorough cleaning. Stop when no further marking is on the wipes and discard wipes in a lined bin.
- Ⓜ Make sure there is a bin in easy reach for the child when sitting on the toilet.
- Ⓜ Consider wearing a scented pad / liner to catch leaks or residual mess whilst training.

Managing periods

- Ⓜ Consider using pants with built in pads, eg 'Tenalady' (marketed for continence problems but also suitable for menstruation).
- Ⓜ Choose pads with good adhesive.
- Ⓜ Choose pads with 'wings' for extra security.
- Ⓜ Choose well fitting, supportive cotton knickers with a wide gusset.
- Ⓜ Use a fabric pen to mark on the knickers where the pad needs to be applied.
- Ⓜ Put the pad in the knickers before putting the knickers on, or sit down on the toilet when applying pads.
- Ⓜ Use feminine hygiene soft wipes for personal hygiene.
- Ⓜ Ensure there is a waste bin in easy reach when sitting on the toilet.
- Ⓜ Where appropriate speak to your GP about medications that manage menstruation flow / frequency.
- Ⓜ Consider whether to wear trousers or a skirt during your period. Some women prefer trousers as they are easier to manage when on the toilet, but others prefer skirts.
- Ⓜ Consider wearing two pairs of knickers to hold your pad more securely.
- Ⓜ www.me-and-us.co.uk/ppg/ichangemypad - resource for children

Adjustments

- Ⓜ Loose fitting elasticated clothing, to make it easier to pull up and down.
- Ⓜ Where necessary use wet wipes instead of toilet paper.
- Ⓜ When changing pads at home, shower where necessary.

