



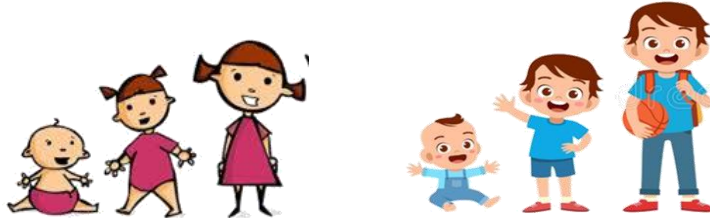
Wiping my own bum



Sometimes my _____ helps me wipe my bum.



It was harder for me to do it when I was younger but now that I am getting older it is easier



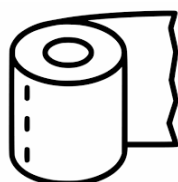
If I am worried about getting wee or poo on my hands my _____ can give me disposable gloves to use when I wipe my bum.



This means no wee or poo will not get on my hands. I will put on my gloves before I touch the toilet paper.



If I don't like the feel of toilet paper on my bum I can use flushable wipes instead.





Wiping my own bum



_____ will teach me how to wipe. It is important I learn to wipe myself. _____ can show me in the mirror. I can stand up to make it easier.



To clean my bum, I need to hold the toilet paper or flushable wipe in one hand.

I need to slowly wipe my bum from the front to the back



If my bum is still not clean, I will take more toilet roll and wipe my bum again. I will wipe my bum until it is clean.



When I am finished with the toilet paper or wipes, I flush them away.

I take my gloves off.



I put my gloves in the bin.



I wash my hands.



I can use my pictures if I need more help or forget what to do!
When I wipe my own bum myself, I will be proud of me!





I can wipe my bum



After I do a poo, I can stand up (if it makes wiping easier)



I rip off some toilet roll, enough to wipe my bum. If I don't want the toilet roll touching my hand I can use disposable gloves. I can change the toilet roll for wet wipes too.



Use the toilet roll/wipes to wipe my bum from the front to the back



Check if the toilet roll or wet wipe is clean. I throw any used toilet roll into the toilet. Keep wiping until I see the toilet roll is clean, I will know I am finished



I can pull my pants and trousers up and flush the toilet



Remember to wash your hands

If I smell poo or my bum feels funny in a while, I might not have wiped it all away and I will have to check by wiping again

