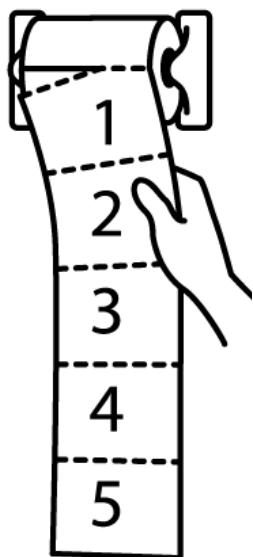


Toilet Clean Up

Learning to go to the bathroom on your own is an important skill.



After you learn how to use the toilet on your own, you have to learn how to clean up.

Many people need help with learning how to use toilet tissue.

1. Try the 5 square rule. Tear off 5 squares and fold them into a packet.

Make 3 packets so they are ready for when you need them.

Use 3 packets to wipe your bottom after you poop.



Some people need to practice how to reach their bottom.



One way is to sit on the toilet with your legs wide apart.

Bend forward to reach your bottom so you can wipe it.

Wipe the paper across your bottom pushing from front to back.



2. If you don't get clean with 3 packets, try flushable wipes.



3. If wipes don't get you clean, then you may want to rinse yourself with water. Try a squeeze bottle filled with water.

4. Another idea is to attach a hand-held bidet hose to your toilet.

