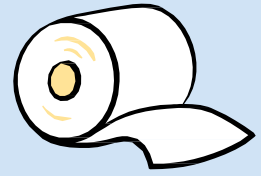


## Growing Independence: Using the toilet and washing hands

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- I can pull loose fitting trousers off.
- I can pull trousers up.
- I am showing awareness I need changing.
- I can sit on the toilet.
- I am happy to have help to wash hands.
- I can dry hands on a towel.
- I can turn tap on and off.



### Things to help me grow

- Developing fine motor skills.
- Dressing up clothes, including trousers.
- Soap pumps in water.

### Making things easier

- Elasticated waist bands.
- Easy dressing ranges of clothes.
- Motion sensor soap dispenser.
- Sturdy and big enough steps for toilet and sink.
- Visuals such as photos, symbols, first then boards.

### Helpful Links

#### Toileting and additional needs.

Cambridgeshire Community paediatrics  
occupational therapy team:

[Useful resources for toileting children with  
additional needs.](#)

