Leave the toilet area

Dry my hands on a towel or using the hand drier

Every time I use the toilet I need to wash my hands

Rinse off soap with warm water

Rub soap all over my hands

Wet my hands with warm water

* Get out of the bath
* Dry all over with a towel
* Get dressed into clean clothes for day time or pyjamas if it is night-time
* Rub every part of my body with soap, starting with my face
* Rinse off soap with water
* Wash my bum and penis last using soap. Make sure all the poo is washed off
* Rinse off soap with water
* Lay down in bath to wet hair.
* Rub shampoo all over hair
* Rinse off shampoo in water
* Remember to use warm water.
* Have soap, shampoo and flannel or sponge ready
* I need to have a bath once a week or more
* I need to have a bath if poo gets stuck to my bum

Having a bath

Flush the toilet and pull up clothes. Now look at washing hands sheet

Put dirty wipes in a bag and throw in the bin

Remember not to use too much paper. Put used paper in toilet

Toilet paper

Wipes

I need to wipe my bum from front to back with either wipes or toilet paper

Sit on the toilet until I have finished

Pull down trousers & underwear (I must NOT take off other clothes)

Pull down trousers & underwear (I can remove other clothes if I feel I need to)

Have I shut and locked the door?

Home

All other places

I need the toilet