



Bath time

Children with co-ordination and/or sensory difficulties may be cautious because they do not feel secure sitting or moving around in the bath. Those who are over-sensitive can sometimes be unsure about the sound or the feel of the water, interpreting these sensations as alarming or even threatening.



The following strategies may help your child with bath time:

- Schedule predictable routines – make bath time part of the bed time routine which will prepare your child for the sensations associated with it.



- Allow time prior to bathing to engage in push and pull activities, or activities involving them using their muscles against resistance, which are calming (see 'heavy muscle work' sheet for ideas).
- Consider using a non-slip mat or bath seat to allow your child to feel secure.



- Provide containers in the bath to allow your child to engage in muscle work during bath time; try squeezing out a flannel or different sponges or introducing a squeazy water toy.
- Provide support so that your child knows the sequence of bathing eg. picture sequence of washing hair, washing face, washing arms, washing legs etc. This will enable your child to see how far through bath time they are, and will also reinforce that there is an end to the activity. You could use bath crayons to write a list on the tiles, crossing or washing of each as it is completed, or use a laminated picture outlining a body with removable labels for each body part which can be taken off when completed.





- Hair
- Head
- Face
- Neck
- Chest
- Arm
- Hand
- Stomach
- Leg
- Foot



- Use a bath thermometer to help your child identify their preferred temperature and replicate this each time to avoid any anxiety around it being unknown.



- Use a clock, timer or music to indicate bath/shower start and finish times.



- Consider environmental factors that may increase your child's anxiety at bath time which they may not be able to recognise or explain themselves.

For example:

- background noise (fan, radiator, dripping tap)
- bright lighting
- temperature of room
- temperature, texture and smell of shower gel/soap
- temperature and texture of towel
- the feel of the bathroom floor on bare feet

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