

Sensory Steps—Showering and Bathing

- See what your child prefers – bath or shower
- Consider lighting and noises in the bathroom e.g. contemplate running the bath before child enters, does the fan need to be on?
- Make transition between dressing and bathing as quick as possible
- Consider the smell of hair/body wash - use products that are unscented or have smells that are calming such as lavender
- Give your child some control by allowing them to wash their own body and hair
- Allow them to hold the shower head or jug when rinsing or let your child lie in the bath to rinse
- Experiment with different types of body sponges, puffs, flannels, washing mitts
- Looking in the mirror may help with hair washing or using visual prompts/diagrams can help with learning the steps to independence
- Try using goggles if your child is sensitive to water or soap getting to their eyes
- After bathing wrap your child quickly in a towel to avoid exposure to the air and use deep pressure to help them dry

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