



Washing

General Hints and Tips

- Have a consistent routine for washing your child including the time of day, what you use to wash your child and the order that you wash your child
- Ensure your child is safe in the bath, shower or standing at the sink. Have a non-slip mat on the floor. If your child has balance difficulties, sitting down can be easier for them as your child will not then have to balance and think about the steps of the task
- Encourage your child to become independent with one aspect of washing first. For example, you put the soap on the wash cloth, and then give it to your child to wash their body
- Increasing their body awareness through games, for example: Simon says or singing songs such as head shoulders knees and toes
- Let them choose their own toiletries/flannel/ body puff/mitt -Using a mitt can help them keep it on their hand. A child might be more willing to use Batman body wash or a particular smell
- Give them control of the water (pour the water over their head using a jug /hold the shower head). This will help the child to feel more in control of what is happening
- Use pump action dispensers if they find it easier (also helps with quantity control)
- Use a mirror to check if all the shampoo is out. Prompt your child to look in the mirror to check if all the shampoo is out, or get them to rub their hands over their head and check if their hands are bubbly
- Many children benefit from visual prompts of the steps of a routine such as showering. These are available from websites such as Do 2 Learn
<https://do2learn.com/picturecards/DailyLivingSkills/index.htm>
- Have the pictures in a place that the child can see them e.g. laminated and on the wall of the shower, and prompt your child to look at the next picture in the sequence rather than telling them what to do
- Don't forget to praise your child for their successes and attempts at being independent. A sticker chart can be an effective way to keep your child focused on developing these skills