Washing – Sensory

## Possible Challenges:

Avoiding having a bath or shower, not tolerating washing whilst in the shower/ bath.

## Helpful tips:

* Establish a regular routine e.g.: time of the day/ day of the week.
* Keep auditory and visual stimuli to the minimum to create a calm environment.
* Run bath before child enters the room to reduce the anxiety build up.
* Encourage child to wash own body / face.
* If bath is not tolerated, consider a shower.
* Use handheld shower head – increased control.
* Be prepared with towels and clothing after to bath/ shower.

## Preparation for Personal Care:

* Do resistive (pushing, pulling, carrying, rolling) activities before to provide deep pressure.
* See proprioception sheets for more ideas to prepare before bathtime.
* Use large towel to wrap and firmly dry afterwards – pat firmly or leave to dry.
* Deep massage when putting on cream.

## Sensory tips for Personal Care:

* Use large sponge and rub firmly
* Fragrance free soap
* Sound of the water running in the bathroom, extractor fans.
* Visual clutter of products etc.
* Smell of all cleaning agents for the bathroom as well as body washes etc.

## Things to consider:

* Body wash vs soap
* Temperature of the water
* Type of spray from shower head.
* Texture of the towel.
* Consider the lighting in the bathroom.
* Using an anti-slip mat or paint for the bottom of the bath.
* Small amount of water for young children.