

STRATEGIES TO HELP CHILDREN COPE WITH

Sensory Challenges



SENSORY CHALLENGE: DAILY LIVING SKILLS

1. DIFFICULTY WITH BATHING

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INSTRUCTIONS:

The Does Your Child? Section offers educational information about characteristics of children with the above mentioned sensory/behavior challenge. Your child may present with one or many of these characteristics.

The Try This! Section offers simple strategies for helping your child cooperate and develop skills. Not all suggestions are appropriate for every child and family. Only use strategies that apply to your child's age, developmental level, and situation. It is suggested to use this checklist while consulting with a professional who has explained and is monitoring these strategies.

>>> DOES YOUR CHILD?

- Avoid the bathtub or bathroom
- Cry or scream when put in the tub
- Get very upset about having his or her hair washed
- Complain about the temperature of the water

>>> TRY THIS!

PREPARE THE BATHROOM ENVIRONMENT:

- Try to keep room air warm.
- Keep the water temperature as he/she likes it. Add warm water as needed.
- Have necessary supplies available such as:
 - Towel/Wash Cloth
 - Soap
 - Hair dryer
 - Brush or comb
 - Shampoo
 - Visor to keep water/shampoo out of eyes
- Provide bath toys to help entertain your child.
- Offer your child bubble bath to encourage his participation.
- Use a timer to show your how long the bath will last and when it will end.
- Have an enjoyable activity set up for when the bath is over. Tell your child, "First you take your bath, next you can..."

DURING BATH TIME:

- Use firm pressure to massage your child's skin.
- If he/she is soothed by the warm water, try to keep as much of his/her body submerged as possible while washing the other parts.
- Invite his/her participation while washing his body parts.
- Sing a song to help soothe him. For example: "This is the way we wash our arm, wash our arm, wash our arm. This is the way we wash our arm, while we're in the bathtub."
- Wrap your child in a warm, large towel as soon as he or she stands up in the tub.

AFTER BATH TIME:

- Have clothing or pajamas ready to dress your child in the bathroom to help with the transition.
- Do something enjoyable together.

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