



## YOUTUBE FREEBIE

# 6 Strategies to Help Your Child Take a Bath

Bathing is a daily life task that all children engage in.

While some children thrive during bath time, many children struggle with various aspects of bath time, including the transition, washing, the sounds or smells, and getting out.

Try these strategies to make bath time more enjoyable!

### 1 USE VISUALS

A visual schedule and a visual timer are two tools that can make bath time a smooth process.

- Use a simple picture schedule to show your child when they will take a bath. Include the activities before and after bath time. This helps your child plan ahead and they won't be as anxious because they know what to expect.
- A visual schedule can also be helpful for your child to transition away from a preferred task.
- Use a visual timer to help your child better understand how long bath time is. This is also a great strategy to help the transition to and away from bath time.

### 2 STRATEGIES FOR HAIR WASHING

If your child struggles with laying back in the tub and/or with tilting their head back for hair washing, or if they dislike when the water gets poured on their face, you can try different strategies to help.

- Have a sturdy object for them to lay back against.
- Use a rag or sponge to rinse their hair vs. pouring the water all over.
- Try a visor (if they will tolerate wearing one). This allows you to pour water on their hair without requiring them to lean back and without the water pouring all over their face.

### 3 VESTIBULAR PROCESSING GAMES

Include more vestibular-based activities into the play routine. If your child struggles with tipping their head back, it may be due to a vestibular processing challenge. Things like:

- Rolling over a therapy / exercise ball on their back.
- Scooter board games laying on their back.
- Laying upside down over the edge of the couch to grab toys.
- Attach a pipe cleaner to a doorknob. Help your child sit underneath (back facing the knob) and string beads on the pipe cleaner, requiring them to look up and tilt their head back.

These activities are playful and can help teach the brain how to process vestibular input.



**4****CHANGE THE SCENE**

Put your sensory goggles on and change up the bathroom environment!

- Change the lighting to something more dim and calm, or something more exciting like a disco light.
- Use glow toys in the bath water.
- Add music - soft, slow music for calming, or faster rhythmic music to make it more upbeat.
- Try non-scented soaps.
- Try non-slip mats on the bottom of the tub.
- If your child is sensitive to noise, fill up the tub BEFORE they come in.

**5****KEEP IT WARM**

If temperature changes are difficult, keep a space heater on in the bathroom so the air is warm when your child gets out.

Try putting the towel and clothing in the dryer so they are nice and warm when your child is ready for them.

**6****SENSORY DIET BEFORE AND AFTER**

Incorporate a simple sensory diet routine before and after bath time. This can help with the transitions.

- Include fun animal walks
- Include some vestibular activities from tip # 3
- Try some swinging and heavy work
- Be sure to meet your child's sensory needs BEFORE bath time so they can feel more regulated in the bath

# BONUS!

## 1 MEETING SENSORY NEEDS

Learn more about meeting your child's sensory needs (aka sensory threshold) by watching [this YouTube video](#).

## 2 VISUAL SCHEDULE

Check out our [FREEBIES](#) page to download a visual schedule template.

## 3 MAKE A SOCIAL STORY

Make a social story with your child about what they will do in the bath.

Include how they feel about bath time, their favorite toys to take into bath time, who will help them wash in the bath, and what they will do afterwards.

Write it out with words and/or pictures.

Download a free social story template [HERE](#).

# Want more help?!

## [CHECK OUT OUR SENSORY DIET DIGITAL COURSE](#)

This full length digital course teaches you:

- How to identify your child's sensory needs
- How to build a personalized sensory diet routine for different situations
- How to modify a sensory diet
- AND MORE!

<https://harkla.co/products/sensory-diet-course>