



## Gwasanaeth ABC / ABC Service

### Some ideas to help when children do not like bath time

If your child does not like bath time we must consider that there might be a sensory trigger which causes the experience to be upsetting and uncomfortable. There are many aspects to bath time so everything must be considered.

- 1 Make bath time a part of the evening routine.
- 2 Use an objects and or pictures to show your child when it's bath time every day so that your child learns to accept and understand.
- 3 Prepare your child for bathtime in advance and say 5 minutes and then bath.
- 4 Make the preparation for bath time a step by step approach.
- 5 Ensure that your child has a preferred activity after bath every time.
- 6 Keep bath times short to begin with and build on amount of time spent there.
- 7 Include some toys/bubbles/songs as part of bath time to make it more interesting and fun.
- 8 Things to consider which your child may find an issue e.g.
  - Is your child is sensitive to sound, is there an echo in the bathroom? Place mats and towels on the floor to help with this. The mats and rugs will aslo help the tactile system and the unexpected change of texture amd temperature for bare feet.
  - Use earplugs and goggles on your child's face to avoid water on his/her face and ears.
  - The smell of the soap/shampoos. Natural soaps and shampoos are encouraged.
  - The longer your child is prepared to stay in the bath, make it a fun time where your child can relax and enjoy the water.
- 9 Encourage your child to help with bathing so that he learns how to bathe and wash.
10. Play relaxing music during bath time.
- 11 All children love bubbles at bath time.
- 12 Use a soft face cloth and towels if tactile defensiveness is an issue.

