

# Bathing and Hair Care

## Strategies to try:

- Talk about or sing songs about the different body parts as you wash them.
- Pump bottles can be useful for shower gel, shampoo, etc. It can help teach how much they should use and reduce waste.
- A visual timetable of all the steps can help.
- A wide toothed comb, a detangling brush and leave-in conditioner can make brushing tuggy hair easier.
- Use a non-slip bath mat to improve child safety.
- Rinse off shampoo using a jug or cup if they don't like getting shampoo and water in their eyes, you can try a face/shampoo shield or face cloth.

Children should participate in washing from an early stage. Give them pouring cups, sponges and face cloths to play with in the bath or shower. Have fun splashing in the water and getting their face wet. Pour water over their shoulders, neck, face and head to build their confidence. Never leave a young child unsupervised in the bath or shower.



Songs/timers can be used to encourage your child to become aware of bathing time.

If your child is reluctant to bathe introducing a bathing schedule can be helpful with introducing a routine.

Begin by encouraging your child to wash one body part. If using a face cloth, give them this with soap already on.

Gradually, encourage them to wash more of their body parts independently.

Ensure you supervise your child when rinsing off soap and shampoo.

You know your child best but children may need support with washing until they are confident.

A small, firm towel or a towel robe is easier for child to use to dry themselves.

