

Tîm Camau Bach Tips for a Successful Bathtime!



sirgar.llyw.cymru

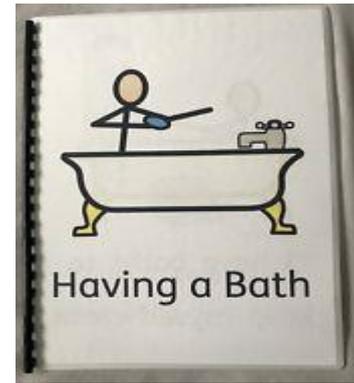
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- Visual aids and / or social story. My Bath Time Schedule E Bay. Already Made for you. From £2.99
- Social Story: Readymade E bay £2.99



- Try making a special bath bag/box with bubble bath and special bath time products. Change the colour of the water as well.
- Try giving brushes, sponges or scrubs which ever your child likes best.
- Make it playful – wash dolly in the bath? Put cars in and brushes have a car wash!
- Older children may enjoy experiments and mixing potions in the bath.
- Try giving choices? Would you like a bath or a shower?
- Change the time of the bath? Is it better in the morning?
- Temperature of the water. Try playing with this and changing to see if this make a difference? Mark the favourite position with a marker or sticker so it stays the same!
- Change the bathroom to resemble a spa / nice lights/ colours/ a calm and quiet environment.
- Try using spray bottles of water or a water pistol or water bombs. Messy but child does bath.
- Pretend you are going swimming and put bathers on for bath time. Yes, this does work!!!
- If a shower is preferred, try placing a rail or shower chair in the cubicle to provide stability for you child/they may not feel safe standing with the water falling over them.