

*Train  
Your  
Child  
to Bathe!*



# ***Train Your Child to Bathe !***

**Towards independence series - 6**

**(Funded by UNICEF)**

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**Other titles in the series :**

Enhancing Gross Motor Skills

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Feeding on their own

Toilet Training

Teaching Brushing Skills

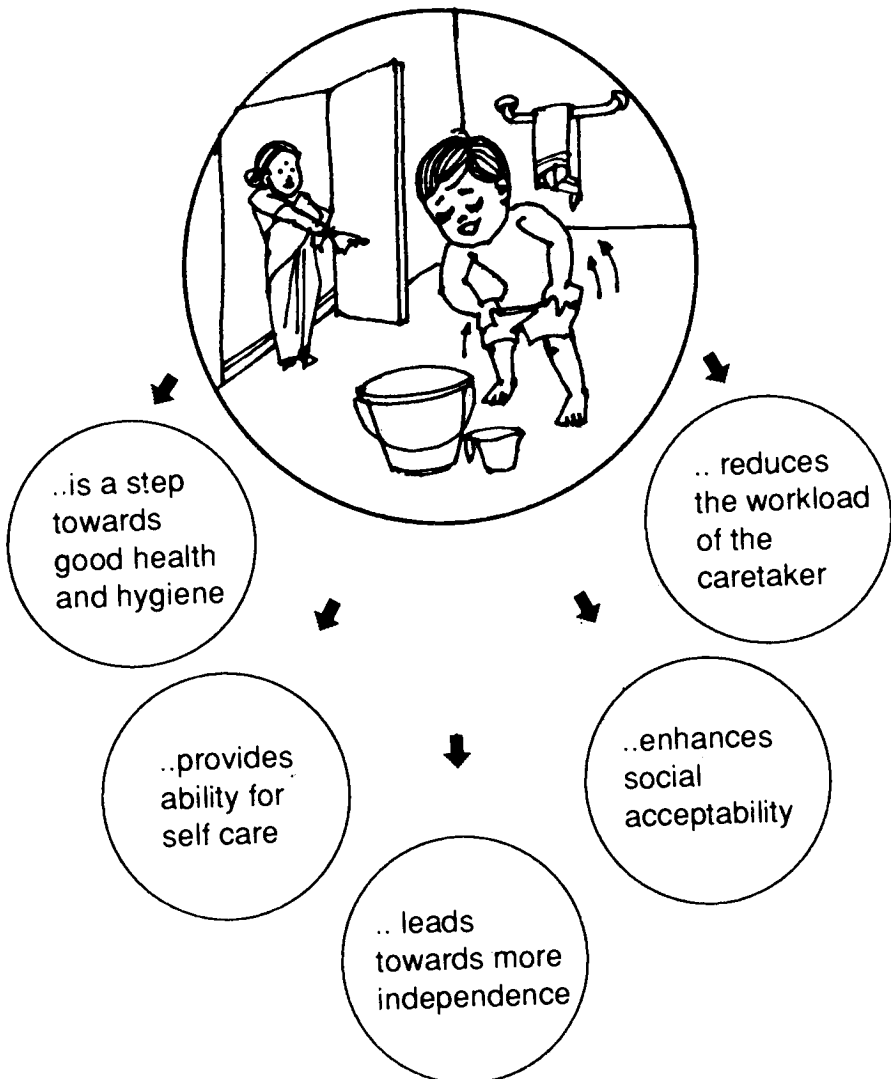
We can Dress Ourselves

Teaching Grooming Skills

Teaching Basic Social Skills

# 'A BATH EACH DAY KEEPS THE DIRT AWAY'

Training in bathing . . . .



## GUIDELINES FOR TRAINING

- \* Divide bathing activity into small steps

- \* Draw the child's attention to each step when you bathe him



- \* Starting with what the child can do, help him to do more until he can bathe himself without help.

***Try the ideas suggested in the following pages, to make training at each step easier.***

**MAKE SURE EVERYTHING REQUIRED  
IS WITHIN REACH**

Train the child to check, if bucket of water, mug, soap, towel and clothes are within reach.

Have a string or a bar inside the bathroom, so that the child can hang his towel and clothes.

**Bathing time is a good time to help  
the child learn many skills !**

Guide him to feel the water and check if the temperature is agreeable to him.







## **UNDRESS**

- \* Have a tub/bucket in the bathroom to keep the removed clothes
- \* Train him in the aspect of privacy by allowing him to undress only in the bathroom, with the door closed



## **POUR WATER OVER THE BODY**

- \* Use mug that has a handle. It will be easier to hold and balance.



- \* Let him follow the posture (sit/stand) that is convenient to him.

Use play time as an opportunity to learn bathing skills by encouraging the child to bathe her doll.





GOLDEN RULE FOR TRAINING AT EVERY STEP



Initially, give physical assistance along with verbal directions.



Next, give only verbal directions.



Withdraw help. Let the child do by himself

## APPLY SOAP

Train the child to rub soap between palms and back of hands to form lather and apply it over the body, in this order -

- \* trunk.
- \* arms, hands, fingers.
- \* legs, feet, toes.
- \* back portions of the body, rubbing with right hand on left upper side of the back and left hand on right upper side of the back.
- \* ears, neck, face.

Emphasize on keeping a mug of water touching the leg, before the child closes his eyes to apply soap on the face.





## **RINSE**

- \* First, let him wash his face.
- \* Then, pour 2-3 mugs of water over the body and rub all over, without applying soap.
- \* Pour water again to rinse thoroughly.

***Children enjoy playing with water. Don't worry if the child uses too much of water and soap initially. The important thing for him is to learn to enjoy the activities leading to personal cleanliness.***



***Prompt the child to hurry up if he takes long by saying "It is time for the TV serial .....", "Papa has to take bath....." etc.***



## **DRY**

- \* Use towel of a size the child can hold and rub with easily.
  
- \* Having his name or initial on the towel will encourage him to use it and will also give him a sense of pride, that it is HIS. It will also help him to identify his name and his belongings.

***Appreciate the child for his attempts and successes at every step.***



## **DRESS\***

- \* Read Booklet on 'Dressing Skills' for details regarding the training procedure.

***Reward the child for his cooperation :  
Tell him how clean he looks . . . . ., how  
good he smells . . . . .***

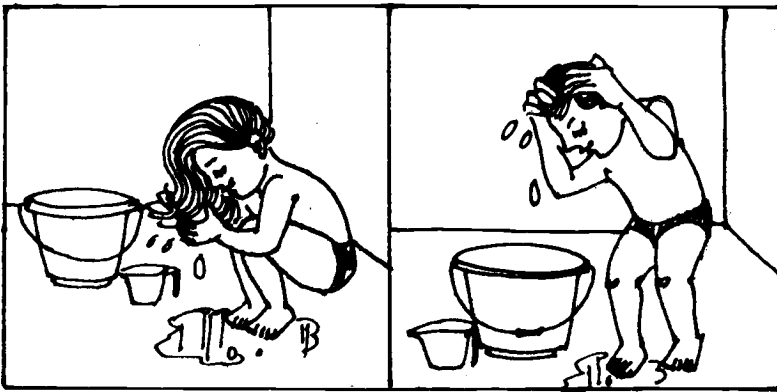


## WASHING HAIR

### Training procedure

1. Let the child sit/stand with the neck bent forward.

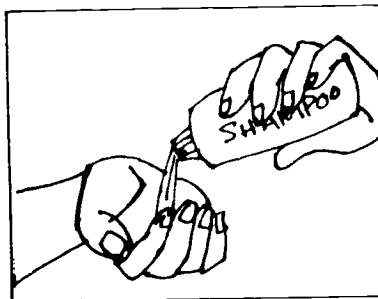
*If the child has long hair, help her to bring the hair to the front.*



***Bent position of the neck will make washing easier by preventing shampoo from getting into the eyes and over the rest of the body.***

- II Take a small quantity of shampoo in the hand.

***Use extract of shikakai/reetanuts instead of shampoo, if it is customary.***



- III Apply it over the scalp and the rest of the hair.



- IV Wash and rinse.



- V Do a second wash and a very thorough rinse.

- VI Help her to wind a towel round the hair if she has long hair.



***Instruct the child to keep his/  
her eyes closed throughout  
washing of the hair.***

***Remember to appreciate  
the child's successes.***

## SEVEN TIPS FOR SUCCESS

Start training early

Use bath time as an opportunity for learning

Cooperation of the child is important

Consider the abilities of the child before you start training

Encourage the child to do as much as he can

Simplify each task by breaking it into steps

Success at each step should be appreciated.



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