

# Sensory Friendly Bathing Tips



## Plan showers/baths & give warnings.

Knowing when to expect bathing minimizes additional anxiety.

- Caregivers, give your child plenty of advance notice before showers.



## Warm clothes in the dryer

Warm your post-bathing clothes in the dryer while you bathe so they're warm and cozy when you get out.



## Low sensory period pre- & post-bathing

Set aside 5-30 minutes of regulation time before & after bathing.

- Examples: low/no light, headphones, loose/no clothes, safe-space.



## Bring distractions to the shower/bath

Listen to music, podcasts, audiobooks, youtube, or TV while bathing.

- Shower speakers can improve this experience.



## Pre-bathing heavy work

Doing heavy work (pushing, pulling, jumping, lifting) before bathing helps regulate the body.

- Examples: wall push-ups, carrying laundry basket, animal walks.



## Add calming scents

Improving the bathroom's aroma can be helpful for those who enjoy smells.

- Examples: Essential oils, dried eucalyptus, and shower steamers.



## Create a bathing routine

Creating and following a routine while you're bathing can decrease anxiety.

- Example: wash hair → face → genitals → armpits → feet.



## Add alternative lighting to the bathroom

Use a alternative lighting rather than the overhead light while bathing to decrease visual input.

- Examples: lamps, projectors, candles, night lights, LED strips



## Run a space heater

Keeping the bathroom warm makes transitions in and out of the shower/bath easier.

- Consider cracking the door to release excess steam.



## Trial different cleansing tools

Experiment with different tools to clean your body to find the most comfortable option.

- Examples: luffas, silicone brushes, wash cloths, body sponges, bristle brushes

# Sensory Friendly Shower Tips



## Skip hair washing

Skip hair washing on days when sensory regulation is more of a challenge.



## Find a robe or towel you love

Find a robe or towel that sparks joy can support the transition out of the shower/bath.

- Consider the texture, color, material, and print!



## Keep a towel nearby

Keep a towel in easy reach of the shower/tub to avoid hair dripping water on body.

- You can purchase hair specific towels for easy access.



## Take control of the washing

Try washing your hair yourself instead of having someone else do it for you.

- Being in control of the sensory experience can reduce dysregulation.



## Change the shower head

Adjust your shower head to your preferences.

- Examples: Shower heads with adjustable spray settings and handheld shower heads.



## Keep drinking water on hand

Having drinking water available can help you cool off and calm down.

- Keep a glass of cool water by the sink or bring a water bottle into the shower



## Increase the water pressure

Strong water pressure can decrease the discomfort of water drops hitting the skin.



## Wear water ear plugs

Wearing water specific ear plugs prevents water from getting into your ears while bathing.