



Barnsley Children's Therapy Services

Practical Solutions for Personal Care: Showering/Bathing

Name:

NHS Number:

Before beginning it is a good idea to have used some heavy proprioceptive activities to help calm and organise the nervous system.

Your child can regulate their sensitivity better and work towards increasing their personal care skills if they complete the self-care tasks themselves.

Teach the activities using small steps.

The **backward chaining technique** can help your child to become independent in their personal care skills. This approach allows your child to learn the last step first as you guide them.

- The approach works by the carer completing the first stages and the child completing the last part of the task. Once they can do this without physical and verbal prompts, let the child complete the last 2 stages, then the last 3, until they are able to complete the whole task independently.

For Example:

Hair Washing:

Stage 1

- Carer places shampoo on hands.
- Carer rubs shampoo into top of hair to form a lather.
- Carer rubs shampoo into ends of hair to form a lather.
- Carer rinses most of soap from hair.
- Child rinses last of soap from hair.

Stage 2

- Carer places shampoo on hands.
- Carer rubs shampoo into top of hair to form a lather.
- Carer rubs shampoo into ends of hair to form a lather.
- Child rinses hair.

Stage 3

- Carer places shampoo on hands
- Carer rubs shampoo into top of hair to form a lather
- Child rubs shampoo into ends of hair to form a lather
- Child rinses hair



Stage 4

- Carer places shampoo on hands
- Child rubs shampoo into top of hair to form a lather
- Child rubs shampoo into ends of hair to form a lather
- Child rinses hair

Stage 5

- Child washes hair independently

It can help to give definite time limits for the task. Use an egg timer for a visual cue or encourage the child to count whilst the task is being completed.

Contact Children's Therapy if further advice or information is required: 01226 644396