Showering Checklist

For parents, teachers, and caregivers!

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Showering Checklist

Affirmation: I am good at taking a shower
Attitude: I CAN take a shower

Goal: I can take a shower by myself
- I can remember to take a shower
- I have everything needed and ready for the shower and for after the shower
  - Rug or towel to place on the floor
  - Soap and shampoo
  - Towel and or wash cloth to place over the shower if needed for the face during shower
  - Towel ready to dry body off
  - All the clothes I would wear after the shower
- I take my clothes off and put them where they go
- I turn the water on to a comfortable temperature
- I get in the water when it is a comfortable temperature
- I get my body wet with water
- I put soap all over my body (front, back, arms, underarms, legs, bottom, private areas)
- I rinse off the soap off my body (front, back, arms, underarms, legs, bottom, private areas)

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Showering Checklist Continued

- I get my hair wet
- I put shampoo onto my hands
- I put shampoo all over my hair
- I rinse the shampoo out of my hair
- I get my face soap and squeeze into my hands
- I put the face soap on my face
- I rinse off my face soap off my face
- I wash any soap off my body/face under the water
- I turn off the water
- I transfer out of the shower
- I grab my towel and dry off my body (back, chest, arms, legs, private areas, under my arms)
- I dry off my hair with the towel
- I place my towel where it needs to go
- I put my deodorant on
- I put my clothes on
- I look good
- I am thankful I can take a shower
Responsibilities of Person Supervising

- I create a caring environment
- I am patient

Why Someone Else Would Help me Take a Shower

- When I’m learning how to take a shower
- When it calms me
- When it helps me with sensory needs
- When I need someone to help me through the steps
- When I need someone to keep my body and hair clean
- When it helps with fewer visits to the doctor for acne problems or bad hygiene habits
- When it creates a safer environment

There are times in a child’s life when someone may want to continue to help your child take a shower, especially if they are having acne problems. This can help them make less trips to the doctor and may prevent them from needing acne medication. We want to encourage independence, but if they are still learning and unable to complete the steps by themselves, help them so that they can have good hygiene skills.
Possible Tips for Sensory Processing and or for Helping with Showering

- Find a shampoo your child likes (does not sting eyes and smells good to them)
- Try using a pump soap if they have difficulty squeezing soap out
- Try different colored containers for the soap and shampoo to help differentiate between the two soaps.
- Use smells in the bathroom your child enjoys (through soaps or aromas)
- Use a face soap your doctor recommends
- Keep a dry towel or wash cloth available by the shower to dry face when needed
- Have the child sit in the shower if that helps with balance and coordination
- Play music in the bathroom if that helps motivate
- Allow the child opportunities to play in the shower if that helps calm them
- Try different foam soaps or spray bottles for child to engage with if they enjoy that
- Try starting the water in the shower before the child gets in the bathroom to warm it up ahead of time
- Talk about how to take a shower and the importance of keeping our body clean
- Use a social story to talk about the importance of showering
- List out the steps of showering or use visual sequence cards (laminate these and you could use in the water)
- Use a visual or audio timer to help with the length of time for showering
- Put a dry wash cloth on the face when washing hair if they don’t like water to get on their face
- Feel good about your accomplishments (big or small)
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