Learning to Bathe or Shower by Myself
I am ready to learn how to take baths or shower by myself.
Before my bath or shower, I have to get a few things ready. I will need:

- A towel
- My shampoo
- My favorite soap

I can ask my family to help me get these things together. I should hang my towel up on a hook. I can also put it on the floor outside of the bathtub or shower.

Next, I should put my shampoo and soap in the tub or shower where I can reach them.
When my things are ready, I can take off my clothes and turn on the water. In some tubs or showers, red means hot and blue means cold. I should check how hot or cold the water is before I get in.

I can change how hot or cold the water is. This is true even when I am in the tub or shower!
I should wash my whole body. This is true even when I wash parts that are hard to reach, like my back.

I can ask my family for help if I have need help remembering what to wash.
I should use only a quarter-sized amount of soap. I should be sure to rinse all of the soap off too.
Next, I should wash my hair. I should get all of my hair wet before I wash it.

I should use only a quarter-sized amount of shampoo. I should rub it all over my hair to make big bubbles! Then, I should rinse out all of the shampoo.
If I get too much water or soap in my eye, I can use my towel to wipe it off. The soap might hurt my eyes a little, but it is not dangerous.
The tub or shower can be slippery. I should be careful when I bathe or shower. I can use a rubber mat in the tub or shower to help me stand up.

I should be careful not to splash water outside of the tub or shower. Water makes the floor slippery. This can be dangerous. If I splash water on the floor, I can wipe it up with my towel.
I can sing in the shower or play with toys in the tub. But I should remember that the important part is getting clean!

I will try to make my showers short. I will not fill the tub too high with water.
I can ask my family for privacy when I bathe or shower. I can also ask them for help when I need it.

When I am all done, I will turn off the water or empty the tub. I will use my towel to get all dry! Then I will get dressed and get ready.
Down Syndrome Program

MassGeneral Hospital for Children
55 Fruit Street, Suite 6C
Boston, MA 02116

www.massgeneral.org/downsyndrome

For more information please call

617-643-8912

Written by Jennifer Dever

Rev. 12/2016  Images courtesy of Pixabay® and the Wong-Baker FACES® Foundation.