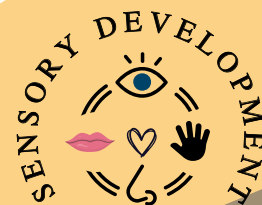




Collaboration with North Carolina Early Learning Sensory Support Program

WASHING DISHES



SUPPORTING EXPLORATION AND SENSORY DEVELOPMENT

Children with vision impairments learn best through hands-on experiences. Touching, moving, listening, and interacting with objects and people helps build their understanding of how things work and connect. Everyday routines—like reading, brushing teeth, or cleaning up—offer consistent, familiar moments to explore, communicate, and make sense of the world around them.

Prepare your child by telling them what you are going to do **before** you do it.

PREPARE THE ENVIRONMENT



- Notice and adjust room lighting and sound.
- Provide wait time for your child to respond.
- Remember to think about using your child’s best visual field and positioning.
- Think about opportunities to provide visual contrast.

WHAT TO SAY

WHAT TO TRY

“The sink is full of dishes, time to wash them.”

Place your child so they can see dirty dishes.

“Turn on the water and let it get warm.”

Help your child feel the water running.

“We need soap, it smells good. Squeeze the bottle.”

Use hand under hand to help your child get soap.

“The soap made lots of bubbles in the water.”

Help your child feel the bubbles.

“Let’s wash the plates now. This is your red one.”

Let your child wash the plate.

“We’re all done. Let’s get down now.”

Help your child move away from the sink.



WHAT TO TEACH

WHAT TO WATCH FOR

- Object names
- Hot/cold
- Bubbles
- Dirty/clean
- Wet/dry
- Water
- Soap
- Kitchen location

- Becoming very still
- Breathing changes
- Widening eyes, eye contact, smiling
- Moving, rolling, pointing
- Making or imitating sounds or words



End dish washing the **same** way each time so your child learns when they are done.



Family, Infant and Preschool Program of the J. Iverson Riddle Developmental Center

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