



Supporting Positioning & Participation During Bathtime

Bathtime is an important part of a child's routine, but positioning a child with complex needs may be tricky. Try the ideas below to help your child participate during bathtime.

Help Your Child Sit Safely in the Bath

- Use a laundry basket placed in the tub to surround and support a child who is learning to sit on their own.
- Place a non-slip mat on the bottom of the tub to prevent slipping.
- Try a commercially available bath chair for extra stability.

If your child needs additional support, talk to your service provider about assistive technology options in your area.

Make Bathtime a Fun Learning Experience

- Add calming elements like music, scents, bubbles or lights to soothe your child.
- Talk about the water, sounds, and each body part as you wash.
- Ease the transition out of the tub by having a warm towel ready.

If you're concerned about head preference, position your baby so they must look to their non-preferred side to see you.

Get Comfortable

- Place padding under your knees when kneeling beside the tub.
- Bend with your knees to safely pick up your child.
- Sit on a short stool beside the tub.

Always stay in the room with your child during bathtime.