

PARENTING TIPS



Helping Your Child Overcome Bath Time Fears



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Bathtime Fears

If your child is fearful of getting washed in the bath, it can help to first take a break from using the bath and to find other ways of keeping them clean for the moment.

When reintroducing them to the bath it is best to do it **gradually** and to only proceed at **their pace**.



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SMALL STEPS

As a first step, you can sit with them in front of a basin of soapy water with a sponge and some toys so they can get comfortable with washing their hands, splashing and having fun.



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RE-INTRODUCE THE BATH

You can then get your child used to sitting in the bath, but initially without any water - just let them play with bath toys.

The next step might be to give your child jugs of warm water which they can pour into the bath, so they are in charge of how quickly they want to fill the bath.



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GET IN THE BATH

If it is hard for your child to make the step of getting in the bath, you could get into the bath first so they can see that all is okay.

When they are ready, you can help them climb in too. Hold them securely on your lap and slowly introduce them into the water at their pace.

Let them test the water with their hand and even give them the option of getting out again for a moment.



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KEEP CALM

Often, the most important thing is to manage your own level of anxiety and expectation. If you are stressed and worried about the bath, then this will fuel your child's worries.

Make sure to use a warm reassuring tone of voice – you could even sing some favourite songs as they get into the water.



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USE DISTRACTIONS

It can also really help to distract your child with some special toys that they can only use in the bath. These could be bath crayons, mirrors, water wheels or whatever else makes them keen and interested.



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PREPARE

Preparation is the key to making the restart of bath time go well. Make sure you have towels and clothes ready, the room at a nice temperature and have a partner on hand to help etc.

The more prepared you are, the more relaxed you will be and the more you will be able to reassure and be present with your toddler – this will all help them relax and enjoy the experience.

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