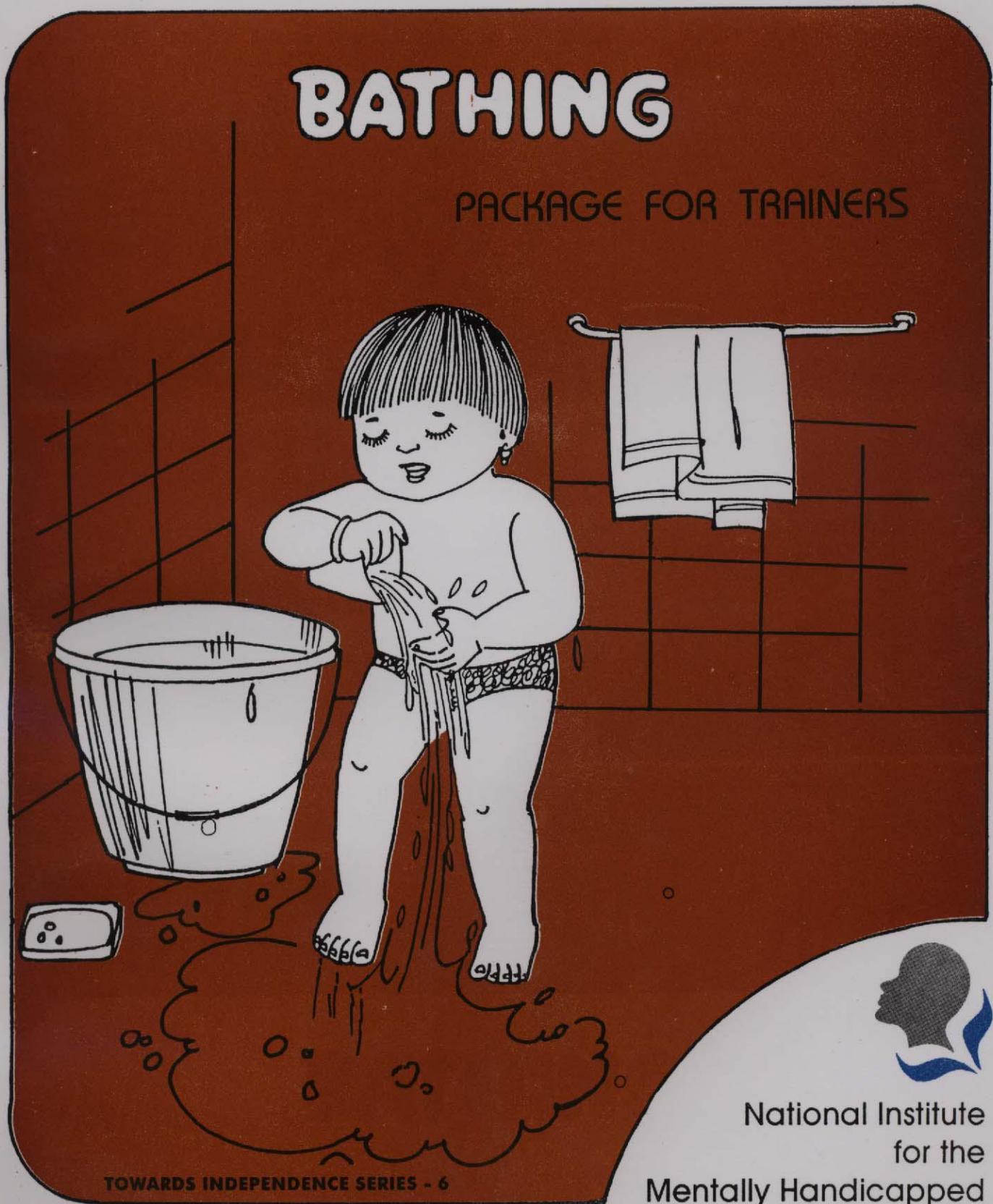


BATHING

PACKAGE FOR TRAINERS



TOWARDS INDEPENDENCE SERIES - 6



National Institute
for the
Mentally Handicapped

SKILL TRAINING IN THE MENTALLY RETARDED PERSONS

PACKAGE FOR TRAINERS

BATHING

Towards Independence Series - 6

(Funded by UNICEF)

National Institute for the Mentally Handicapped

(Ministry of Welfare, Govt. of India)

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Other titles in the series :

- * Gross Motor Skills
- * Fine Motor Skills
- * Eating Skills
- * Toilet Training
- * Tooth Brushing
- * Dressing
- * Grooming
- * Social Skills

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ABOUT THE BOOKLET

This book is one among the series of books developed for the benefit of the parents and trainers of the mentally retarded and developmentally delayed children. The activities in which these children are to be trained for independent living are very many. Among them, feeding, toileting, brushing, grooming, bathing, dressing, gross and fine motor activities and socialization are some of the basic and important skills. This series of books provide in a step by step manner, procedures for finding out the delay or deficit in the child and the steps in training them. Simple language is used with appropriate illustrations so that parents and other trainers can easily follow the steps. It should be remembered that the activities listed are some of the basic ones. Common sense and imagination of the trainers will be of great assistance in enhancing the skill in the child. We hope that the trainers find these booklets useful to them.

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INTRODUCTION

It is the general tendency of parents to assist their children to have a proper bath. In course of time, normal children become independent while the mentally retarded children continue to be dependent on others. So the responsibility lies with the parents to lead their mentally retarded children towards independence by giving them the opportunity to learn.

This booklet explains how to guide the mentally retarded children to achieve independence in bathing by using proper methods, appreciation and rewards.

NEED FOR TRAINING

Independence in bathing gives a mentally retarded person



Awareness of privacy



Self satisfaction



Sense of cleanliness



sense of achievement



Personal Independence

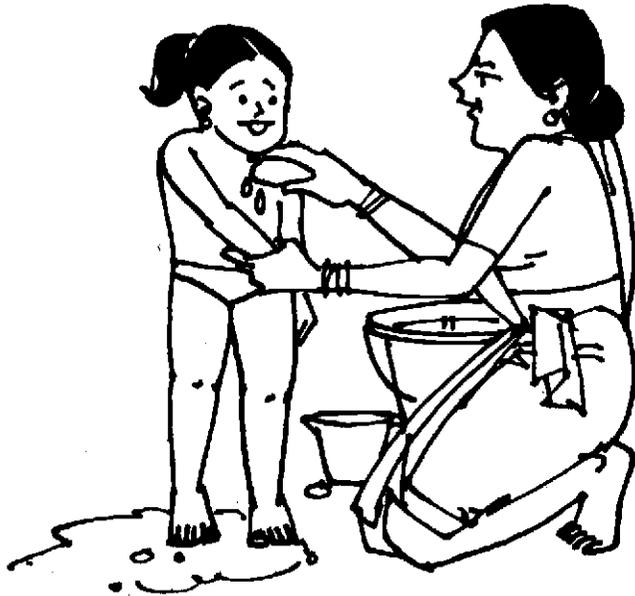
Bathing is one of the self-help skills which has to be taught to the mentally retarded persons. It includes :

- Oiling hair
- Removing clothes
- Washing hair
- Applying soap/shampoo
- Rubbing / scrubbing
- Washing off soap
- Drying hair
- Wiping the entire body
- Wearing clothes

**A NORMAL CHILD
BATHES SELF WITH
MINIMAL SUPERVISION
BY THE AGE OF 6 YEARS**

READINESS FOR TRAINING

The trainee should be able to follow instructions.



Proper eye hand coordination is needed for applying oil and soap,



Pouring water



and drying the entire body parts.

PROBLEMS

- Lack of initiation to take bath regularly on time
- Lack of coordination of hands.
- Preference of the parent/caretaker to bathe the child rather than allowing the child to do by himself.
- Inability to apply soap, rub, and wash the entire body.
- Lack of appreciation by the adult when the child cooperates and attempts.
- Expectation of the parent that the child be perfect in the skill in the initial stage itself.



HOW TO SOLVE THE PROBLEMS

If the child does not show interest to take bath, show him when his brothers and sisters go to take bath. Appreciate them in front of the child - when they come out smelling good and looking fresh with clean dress after bath.



To improve coordination of hands, give him exercises such as picking, holding, squeezing and scrubbing. Daily activities like picking up things using fingers, pouring water, washing and wiping utensils, are useful skills.



WHEN TO TRAIN ?

Make use of actual situations :

Morning : After toileting and brushing, make it a habit to take bath before breakfast.

Evening : After coming from school, play and other activities, let him have bath before dinner and going to bed.

Use bathing time to train.

Try to get the child's cooperation from early days onwards while giving a bath.



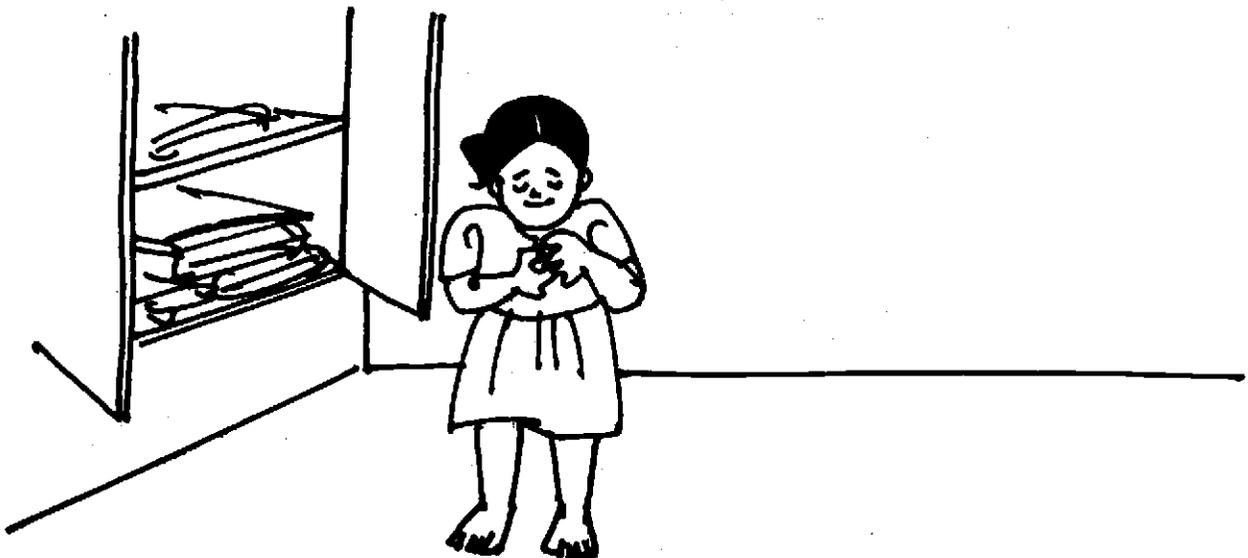
HOW TO TRAIN ?

Methods to teach bathing in a bathroom with tap water and shower



and taking water from a bucket using a mug are explained in this booklet.

Select the one, the child has to use in daily life depending on home environment. Later, teach both the methods so that the child can use the skill in both the situations depending on the need.



Initially get the cooperation and physically help to do the activity. Gradually reduce the physical help and tell what to do next.



For example after giving a soap, hold the hand and guide to apply soap. Then make the child rub with own palms while you hold the hand.



Gradually reduce the physical help and let the child do it by self.



Take care to see that the water for bathing is not very cold or very hot.

Tell which part of the body the child has to apply soap first, and how to proceed. In the same way, the precautions also are to be told and demonstrated. The child has to remember to close eyes when she applies soap on the face.



Good



Appreciate the child's attempts and success by praising. Insist on washing properly the unseen parts of body, such as back and neck.

Explain the need for having a bath everyday and keeping the body clean.



Take care to see that the bath room is not slippery.

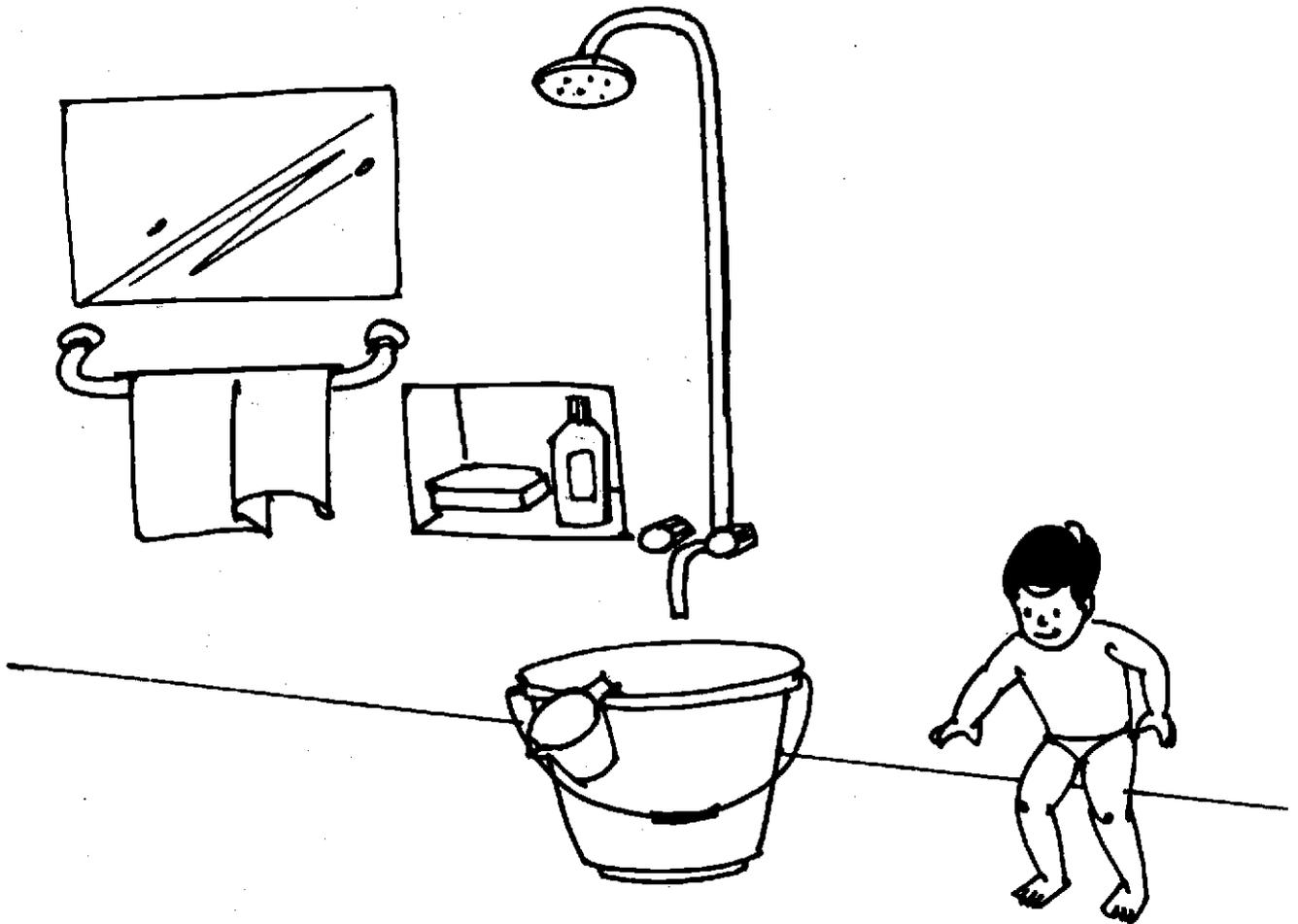
STEP-BY-STEP TRAINING

1. Applying oil 
2. Removing clothes 
3. Applying soap 
4. Rubbing / scrubbing 
5. Pouring water 
6. Wiping hair 
7. Wiping the other body parts 
8. Wearing clothes 

- Applying oil can be introduced depending, on the age, ability and need of the boy/girl.

BATHING IN A BATHING ROOM

Materials needed : Bathing room, bucket, tap water, shower, soap box with soap, shampoo, towel, mirror.



Let the child identify the materials needed for bathing.

Avoid allowing the child to play in the water for a long time during cold and rainy season.

Step I : Oiling hair

1. Show the child where the oil bottle is kept. Train him to identify the oil bottle from other bottles. Mark clearly on the bottle - 'Hair oil'. If it is a commercially available hair oil bottle, show the same one in TV or magazine advertisements so that it becomes easy to recognize. This aids in reading skills also.



2. Demonstrate how to take the oil bottle, open the lid, by the right hand, keeping it in the left hand.
 - Use unbreakable bottles if possible.
 - While training the child, make sure the oil level is very low in the bottle so that spilling and wastage can be avoided.



3. After opening the lid, help to tilt the bottle and pour oil in the left palm.

4. Tell the child to keep the oil bottle down or on the table and to apply oil on both palms.



5. Hold the hands and guide to rub hair by both hands. Tell the child to repeat the procedure 3 to 5 times till the hair is properly oiled.

6. After oiling the hair properly, guide to take the lid, close the bottle and keep it back in the shelf.



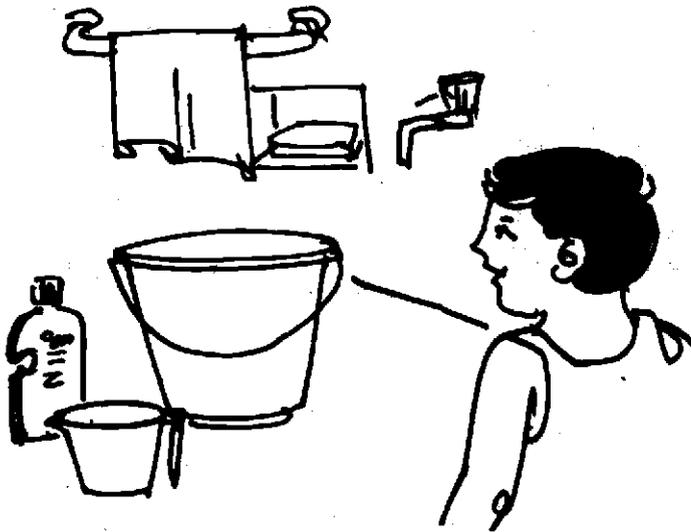
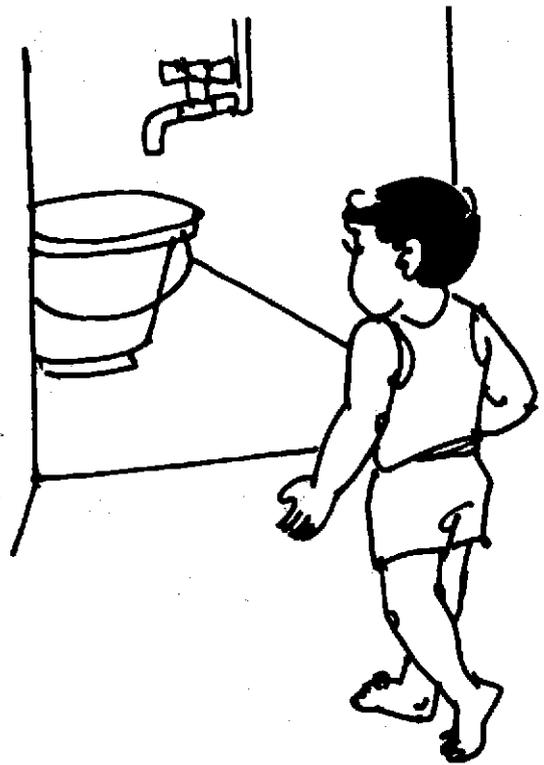
7. Demonstrate depending on the nature of hair - long/short. Instruct when one has to oil the hair - before headbath or combing hair as needed.

Note: Initially stand in front of mirror , make him cup his right hand, hold with your palm and pour a little oil. Physically assist to tilt his hand above the head and rub.

Step II : Removing dress

1. 10 to 15 minutes after oiling hair, tell the child to go to the bathing room.

Note: Show on clock where the long hand is, and to go for bath when the long hand moves by certain numbers. If the child knows the numbers name the numbers. This assists in teaching time also.

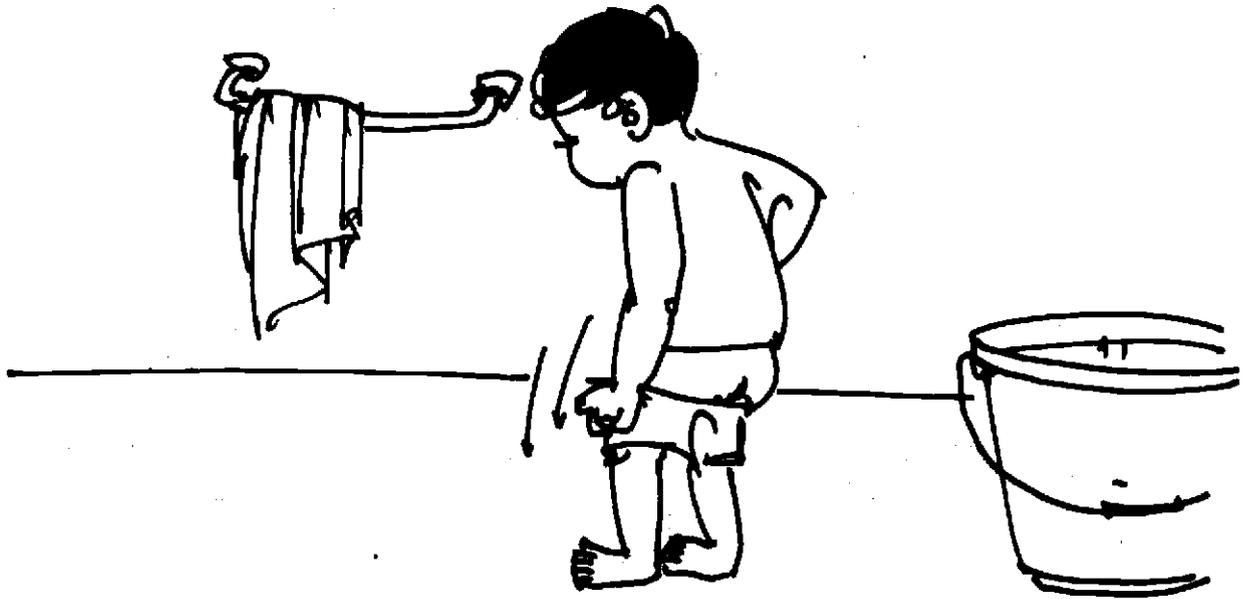


2. Before closing the door tell the child to check whether necessary things - water, bucket, soap, towel, clothes, mug and shampoo are in the bathing room.

3. Train to close the door and bolt it. If the child is not able to use the bolt properly, instead of bolting, use a stone/bucket which can be kept against the door after entering the bathing room. Initially you go along with the child into the bathroom.



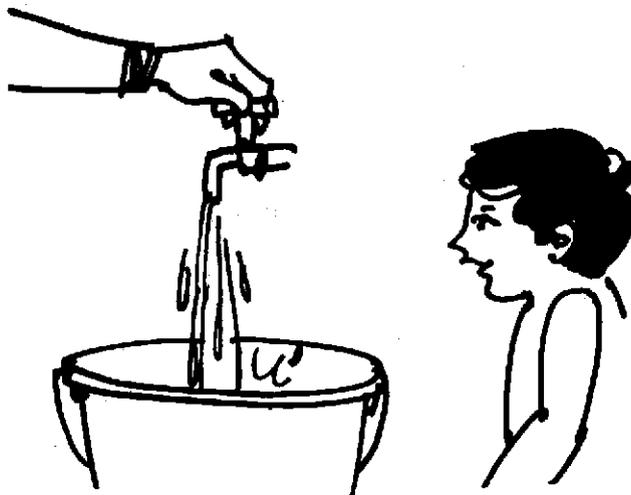
4. After closing the door for privacy, tell the child to remove clothes. Show where to keep the dress.



Introduce to the child the sense of privacy from childhood itself.

Step III : Washing hair

1. Show the child how to open the tap, fill the water and close the tap.



2. In case, hot water facility is provided, teach how to add cold water and to check whether it is too hot, before pouring over the body. Usually if the elbow bears the warmth of the water that is the bearable temperature. Therefore show him to dip the elbow in the water. People have their own choice of temperature. In that case let the child decide or let mother decide initially.



3. If the child is taking head bath, insist on washing the hair first. Tell the child to bend head, take water in the mug, and wet the hair.



4. Guide the child to close the eyes apply soap/shampoo and rub the scalp and hair. While doing so let the mug of water be touching the foot, so that he does not grope for it with closed eyes.



5. After rubbing, tell the child to take water in the mug, pour on the head and wash the soap off. Insist on rubbing the hair while pouring water till the entire soap goes off.

6. If the child is a girl with long hair, help her to bend down, bring hair to the front, shampoo and wash. Take her towards the mirror in the bathing room, and show how to tie the hair with the towel to dry the hair.



Note : If the family is used to Shikakai or such other things instead of shampoo, train the child to use that accordingly.

Step IV : Applying soap and washing face

1. After washing hair, let him wash the face with water.



2. After closing the eyes let him apply soap on the face, ears, and back side of ears.



3. After applying soap, guide him to rub the soap on ears and back of ears.



4. Assist him to take water in palms, wash off soap from the face and open eyes.

Step V : Applying soap over the body, rubbing and washing

1. After washing soap off from the face, tell the child to wet the entire body by either opening the tap of shower or taking water from the bucket. Let him fill the water by opening the tap when the water in the bucket is over.



2. After wetting the body, guide him to apply soap all over the body - arms, legs front, back and neck. Insist on applying soap especially at the places which the child misses.



3. Guide the child to rub the arms, front and back, legs and feet, after applying soap.



4. After rubbing properly, guide the child to pour water, and wash the soap from the entire body.



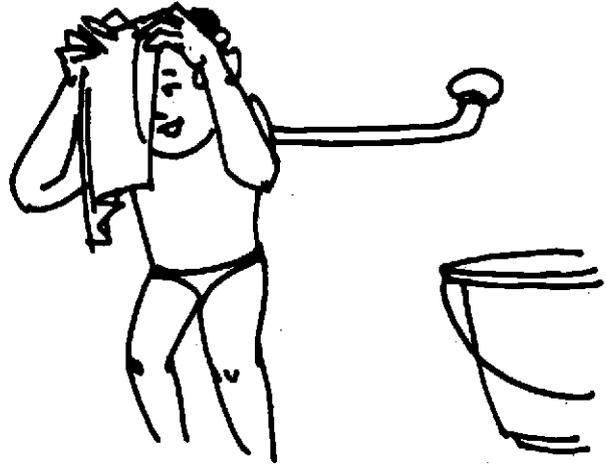
5. If shower is provided in the bathing room, demonstrate how to open the tap, stand under the water and wash off the soap.



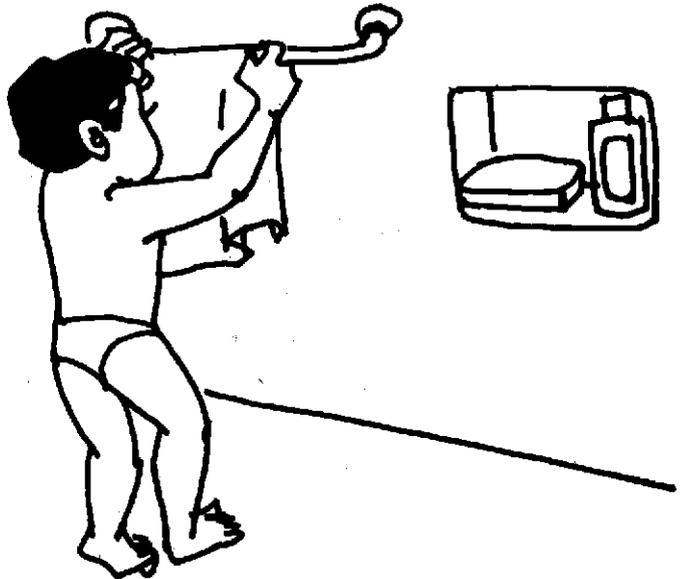
The sequence of bathing can be reversed also. It can be body bath first followed by washing hair. The child will learn body bath first easily and then only the hair bath.

Step VI : Drying the entire body

Tell the child to take the towel from the peg or bar and wipe the face and body.



2. After wiping the body guide the child to spread the towel on the holder to dry. In the same way guide to keep the soap, and shampoo in proper places.



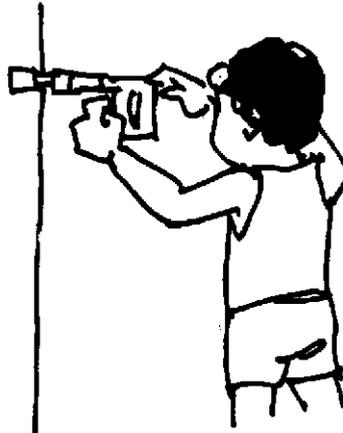
**Step by step,
the mentally retarded child
learns.**

Step VII : Wearing clothes

Insist that the child wears clothes before coming out of the bathroom.



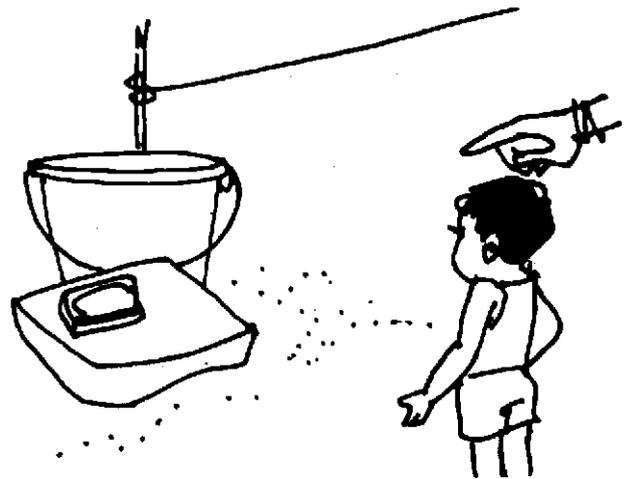
2. Assist the child to remove the bolt and open the door.



- In the initial stage, stand near the child and physically guide him to do. Gradually reduce the physical help and tell what to do next. Praise him at every step for his cooperation, attempt and success.

Taking bath using water from a bucket

- 1 In case there is no bathing room, show the place where the child has to go to take bath.



- 2 Guide the child to get two buckets of water. Let him keep the mug and soap near the bucket.



- 3 Show where to keep the towel. Provide a string tied nearby.

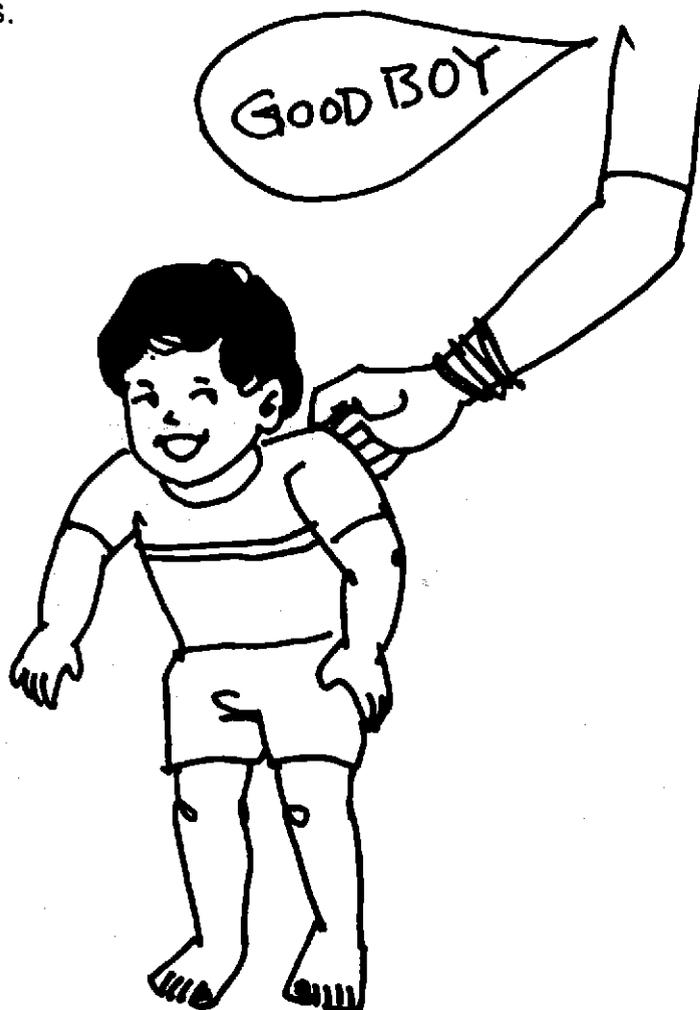


- 4 If it is an open place, tell the child not to remove all the dress. Insist on wearing an underwear / cloth.

5. Follow the steps explained earlier to wet, apply, soap, rub, wash off soap and wipe the entire body.



6. Praise and reward for the child's attempts and success.



Hints for making bathing easy

- * It is always good to let the child apply Soap on both the palms and apply on the body rather than directly applying with the Soap. By this, slipping of the soap can be avoided. Each time he uses the soap make sure that he puts back in the soap dish and does not keep on the floor.

- * For those children who cannot hold soap in hand, it is a good idea to have a socks or nitten worn in the hand with which soap can be held. Still the child cannot hold the soap, the hand with the nitten can be rubbed on the soap in the soap dish and then applied on the body. Many parents have reported success using this method for their children. Try it !!

**Bathing is fun. Make the teaching -
learning experience pleasant for the
trainer and the child !!**