

Top Tips

Sensitivity to Self Care tasks

For parents, young people & teachers

Teeth brushing

- ✓ Try flavour and foam free toothpaste (Oranurse)
- ✓ Try different textured toothbrushes
- ✓ Try powered toothbrush (appropriate for the child's age) – sometimes children like the vibration

Bathing & showering

- ✓ Allow time playing in the water
- ✓ Ensure the temperature of the water and the room are right for the child (they may feel temperature differently to us)
- ✓ Allow a cloth for the child to wipe their face whenever needed
- ✓ Give them some control of the shower

Hair Brushing

- ✓ Use a soft brush or tangle teaser
- ✓ Use detangling spray
- ✓ Use a mirror so the child can see what you are doing
- ✓ Use fiddle toys or other activities to distract whilst you are doing their hair

