As caregivers, it is extremely important to start thinking about independent living skills as early as possible. One of the major things a person needs to live independently is bathroom skills. As parents and caregivers, we can help build hygiene habits early with practice, visuals, and direct teaching. Below is the directions on how to make a bath/shower visual to help your child independently bathe. It is designed to be a reminder for your child on washing each part of his/her body. As he/she washes each of his/her body parts, a Velcro body part piece is matched to the template until the whole body is matched; much like a puzzle.

To Create:

1) Make two copies of the body cutout (Or draw your own). You may want to use cardstock.

2) Optionally, decorate the bodies with facial features, hair, color, etc. I would not add clothes as you want it to remain a bath time visual.

3) Cut out one of the bodies and cut apart it’s body parts. Cut apart anything you want your child to especially wash. For example, you may cut the hair from the top of the head so that your child has a step for wash hair and also a step for wash face.

4) There is no need to cut out the other body. It will be used for matching.

5) Use contact paper or laminate the pieces and the other body paper.

6) Attach Velcro to the body parts and other body paper.

7) Place extra Velcro spots below the body or on the back for body part storage.

To Use:

1) Start with the free pieces of the body attached to the extra Velcro spots below the whole body.

2) As you wash each part of your child, return the piece to the body until you have washed every part and built a completed body. Be sure to talk about what you are doing.

3) As your child gets used to this routine, have him/her add the pieces as you wash.

4) As your child gets more and more used to the routine, back off and allow your child to wash and match each body part. Eventually, your child should be able to independently bathe using this bath time visual.