



### Hair washing

Many children with coordination difficulties have difficulty with learning how to wash their hair. This is because this is a complex task which needs balance, core stability, co-ordination, proprioception and sensation.

#### **Hints and tips for hair washing independently:**

To build up confidence, encourage the child to do part of the task themselves. Then help them finish off when needed.

Try having a plastic mirror by the bath, at head height for the child so they can see what they are doing.

Using a soap dispenser for the shampoo may help make it easier.

Would the child manage better sitting so that they don't have to worry about balance?

Can the child use a showerhead to wash off the shampoo? If the shower hose doesn't reach, extra long shower hoses are available for DIY stores.

Soft rim hair washing jugs are available. These help to tip the water away from the face.

If the child is worried about getting soap in their eyes, special hats are available. Alternatively, swimming goggles may also do the trick!