

Bathtime Authors Statement

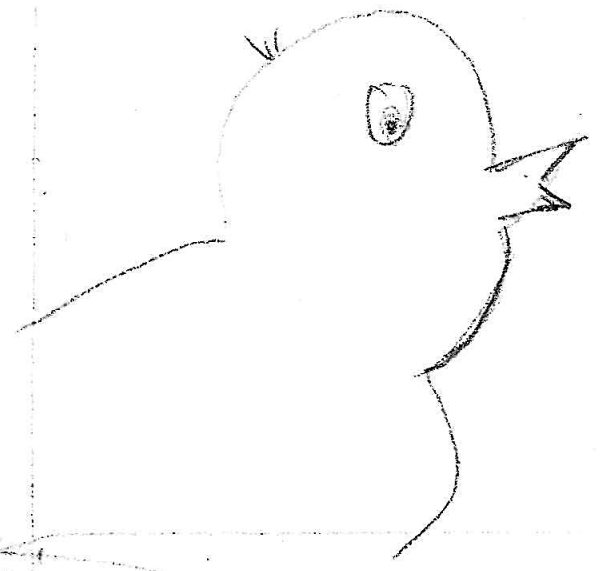
I made this book for families of children on the spectrum as a fun and interactive tool to help prepare children for the sensory experience of taking a bath and to establish a daily routine so they know what to expect. Bathing is a common area of difficulty for these children because of sensory sensitivities to noise, the feeling of running water and common materials like soaps and washcloths. These materials are included in the book so that children can familiarize themselves with the actual textures and smells ahead of time. Children on the spectrum tend toward routine practices with distinct steps. Another goal of this book is to bring those steps out of the parents authority (ie. we have to take a bath now, you have to use this soap) and into the child's own routine. This doesn't mean the child will become independent, but they will hopefully be more comfortable in a bathing situation when they know what to expect. The book comes with a stuffed moose that the child can use to do the different steps of the bath with the materials they pull out of the book, but any doll can be used. If a child has a particular favorite character or kind of toy, they are free to use that instead. The sponges on the front and back covers are there to make the book easier to hold. And the pages are thick to be easy to grasp and turn. The book is designed to be an interactive, fun activity for everyone.

BATH
TIME



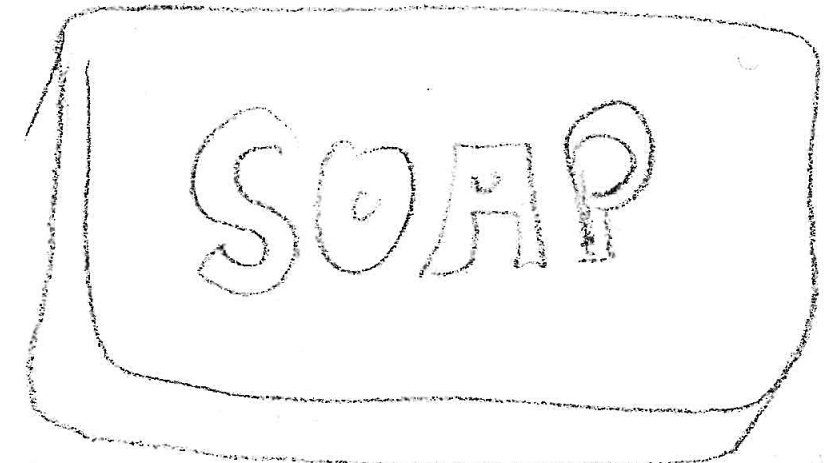
Ducky says

Time for a bath!



Turn on the water

Next, we need soap

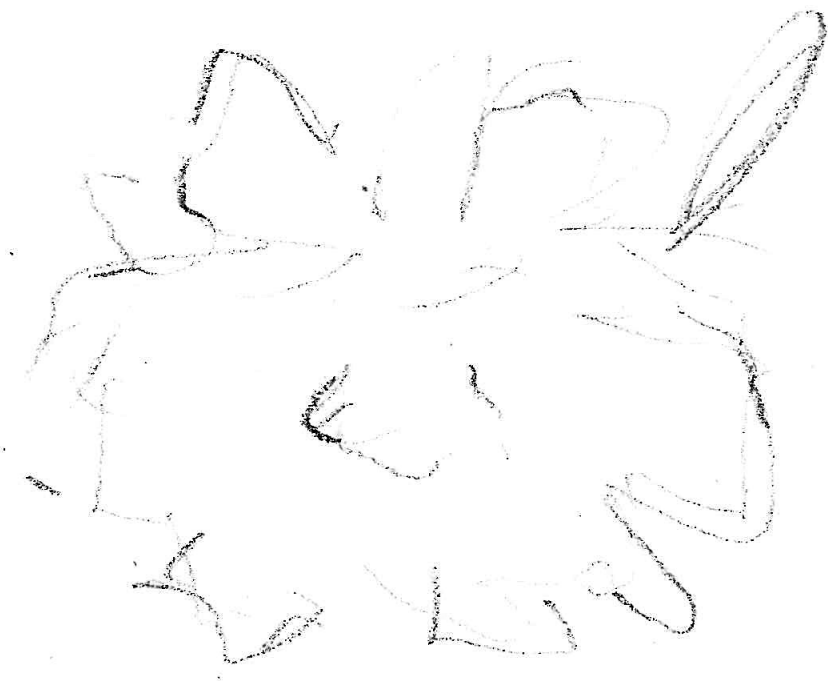


it might be loud

give it a sniff!

(sniff + sniff)

Time to scrub!

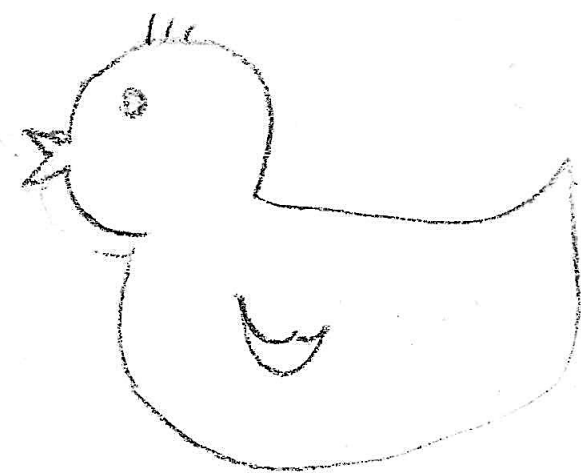


Can you rub the peef?

(back peef)

All clean!

Thank you ducky,
see you tomorrow



Almost done...



Lets dry off.

(face)?

meant to help kids with ASD / other sensory sensitivities adjust to bathing routine by

- 1) familiarizing them with sequence of events so they are informed / in control
- 2) introducing actual sensory sources to get them used to common bathing stimuli
- 3) introducing daily routine

things in () will have actual samples included

Deniz Aygun