



Donia Fahim

Education & Therapeutic Spaces Ltd.

SHOWER STEPS

VISUAL SUPPORT

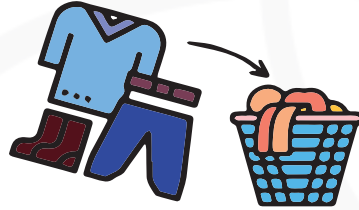
HOW TO USE THIS RESOURCE:

Using a visual task list helps children with autism or developmental delays to be more independent with showering. Research supports the use of visual supports, such as schedules and task lists, to break down routines and promote skill acquisition. Display the task list in a prominent place, such as the bathroom, where the child can easily refer to it.



Guide the child through each step, using the visual task list as a reference. Provide verbal prompts and support as needed. Gradually fade the level of support as the child becomes more independent. Encourage them to refer to the visual task list and complete the steps on their own. Provide positive reinforcement and praise for each completed step and the overall task of showering.

1



Clothes off



Water on

2



Shampoo



Rinse hair

3



Soap



Scrub body

4

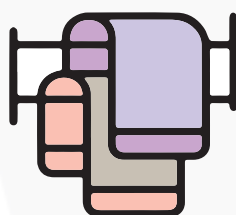


Rinse body

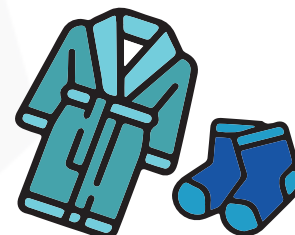


Water off

5



Towel dry

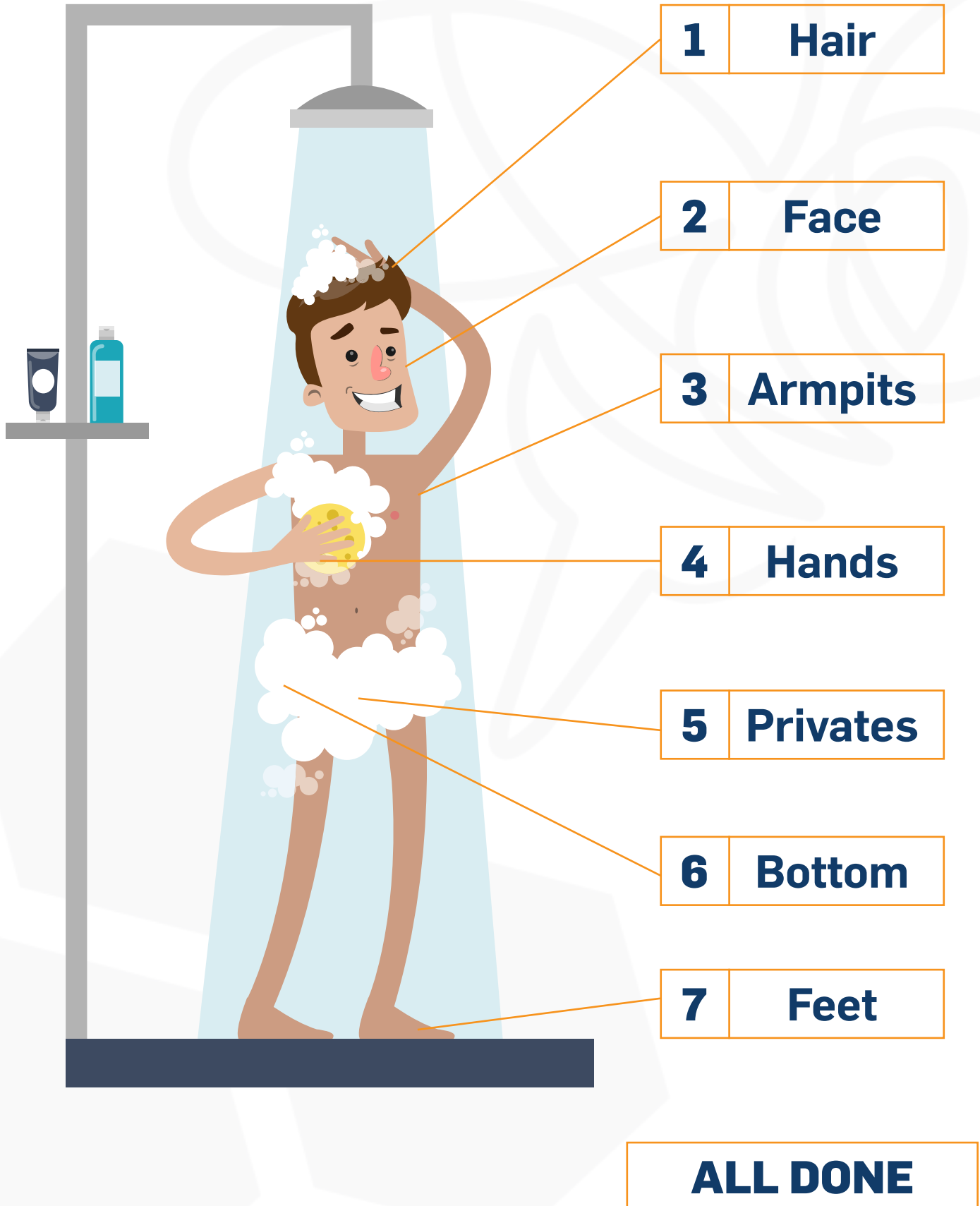


Clothes on



SHOWER STEPS

It is very important that I wash all these body parts every time I am in the shower.
I must always make sure I rinse off all the soap before I get out the shower.





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