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Learning to Bathe or Shower by Myself



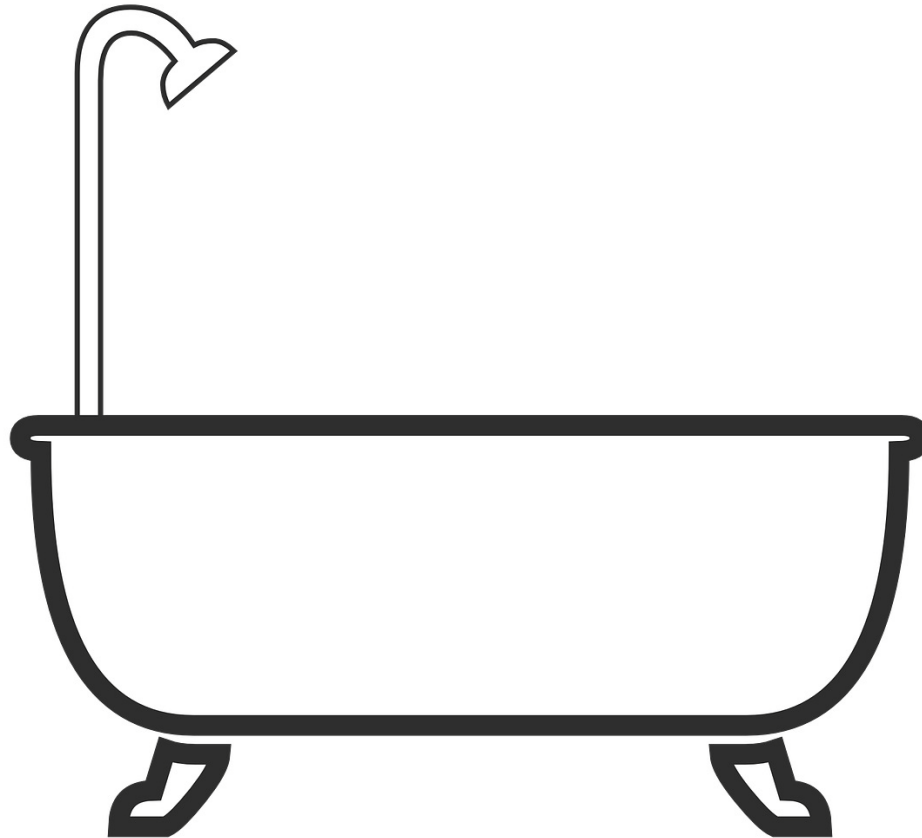


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I am ready to learn how to take baths or shower by myself.



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Before my bath or shower, I have to get a few things ready. I will need:

- A towel
- My shampoo
- My favorite soap

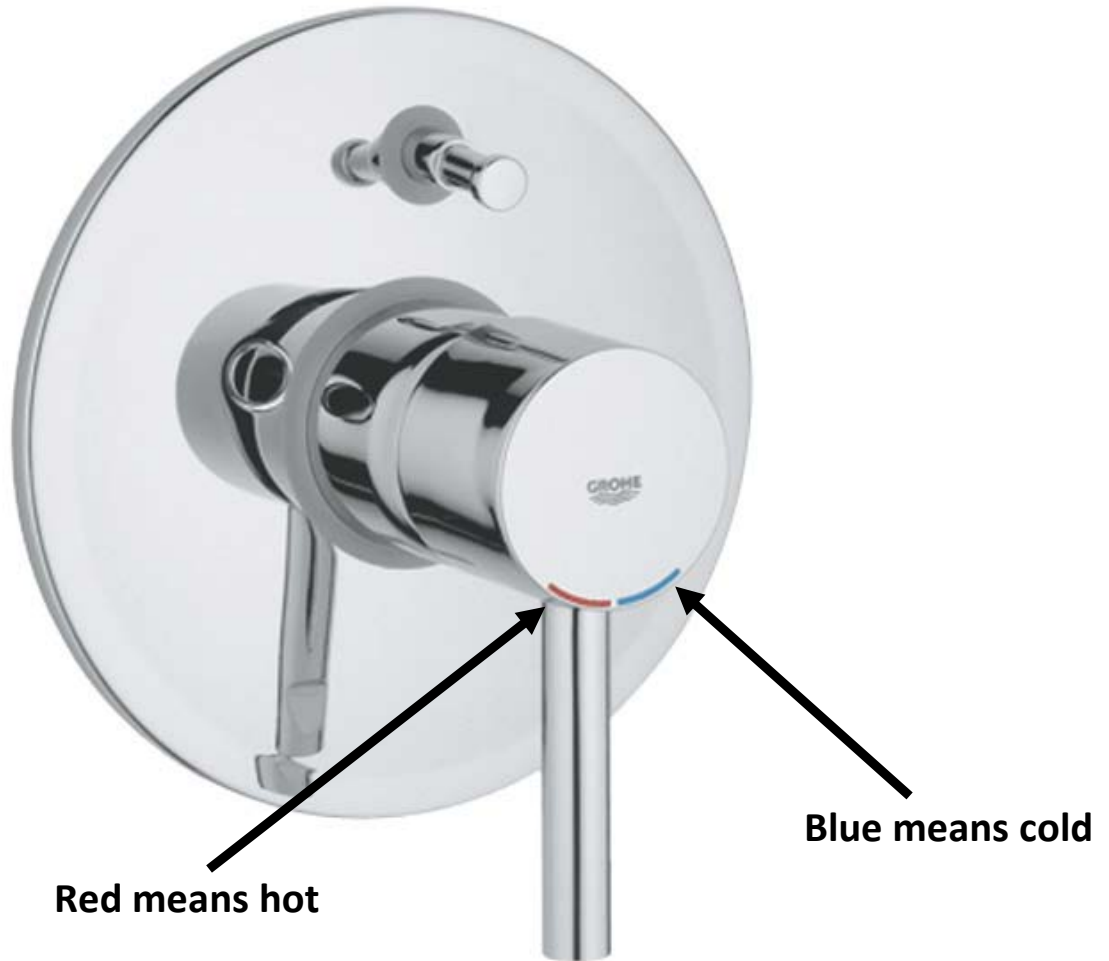
I can ask my family to help me get these things together. I should hang my towel up on a hook. I can also put it on the floor outside of the bathtub or shower.

Next, I should put my shampoo and soap in the tub or shower where I can reach them.





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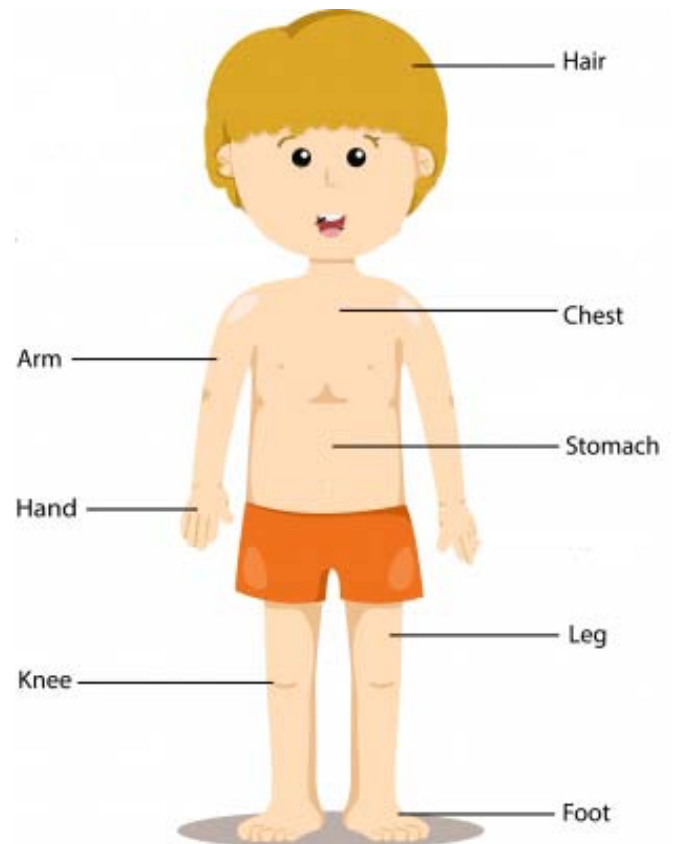
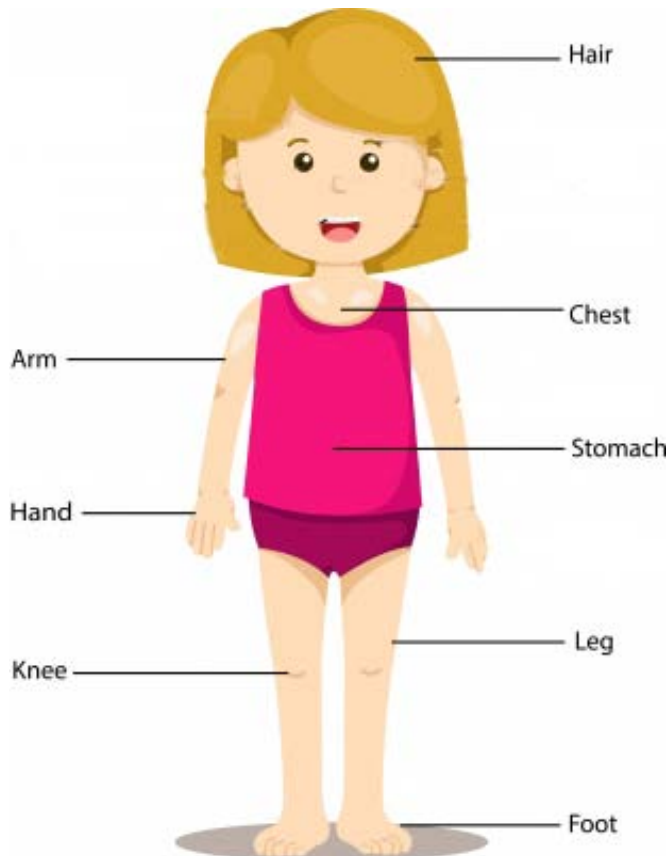


When my things are ready, I can take off my clothes and turn on the water. In some tubs or showers, red means hot and blue means cold. I should check how hot or cold the water is before I get in.

I can change how hot or cold the water is. This is true even when I am in the tub or shower!



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I should wash my whole body. This is true even when I wash parts that are hard to reach, like my back.

I can ask my family for help if I have need help remembering what to wash.



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I should use only a quarter-sized amount of soap. I should be sure to rinse all of the soap off too.



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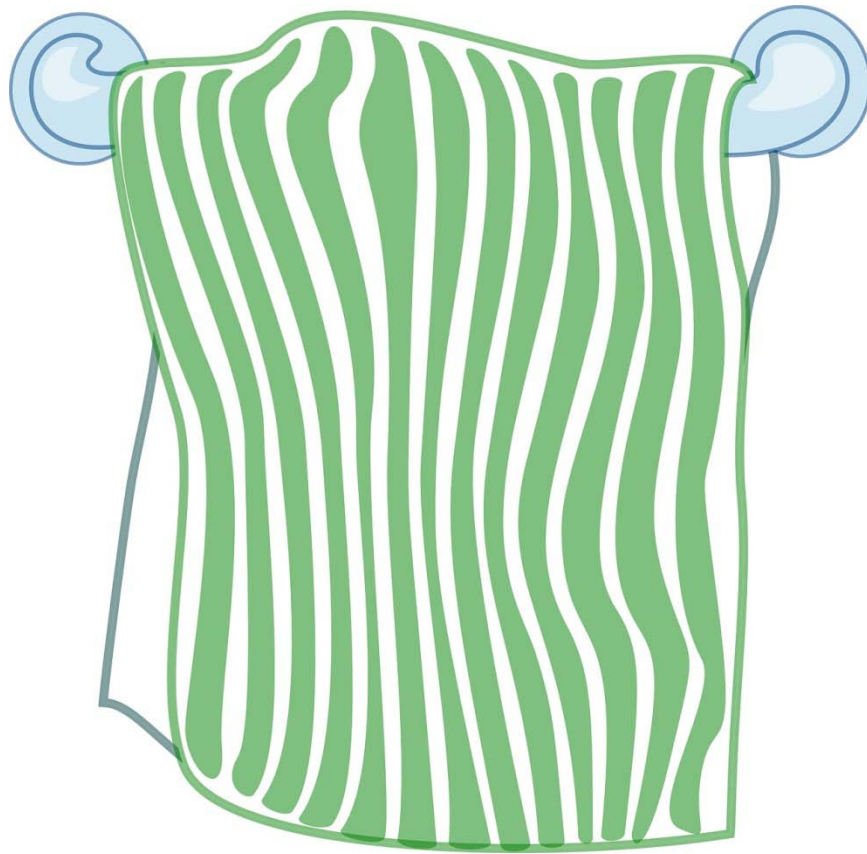


Next, I should wash my hair. I should get all of my hair wet before I wash it.

I should use only a quarter-sized amount of shampoo. I should rub it all over my hair to make big bubbles! Then, I should rinse out all of the shampoo.



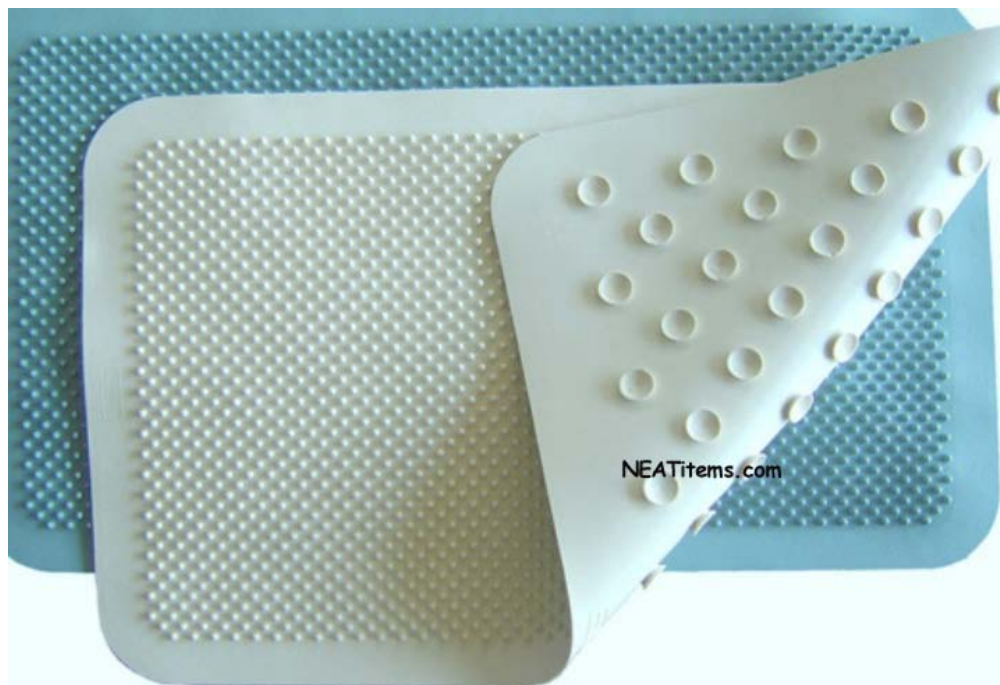
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If I get too much water or soap in my eye, I can use my towel to wipe it off. The soap might hurt my eyes a little, but it is not dangerous.



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The tub or shower can be slippery. I should be careful when I bathe or shower. I can use a rubber mat in the tub or shower to help me stand up.

I should be careful not to splash water outside of the tub or shower. Water makes the floor slippery. This can be dangerous. If I splash water on the floor, I can wipe it up with my towel.



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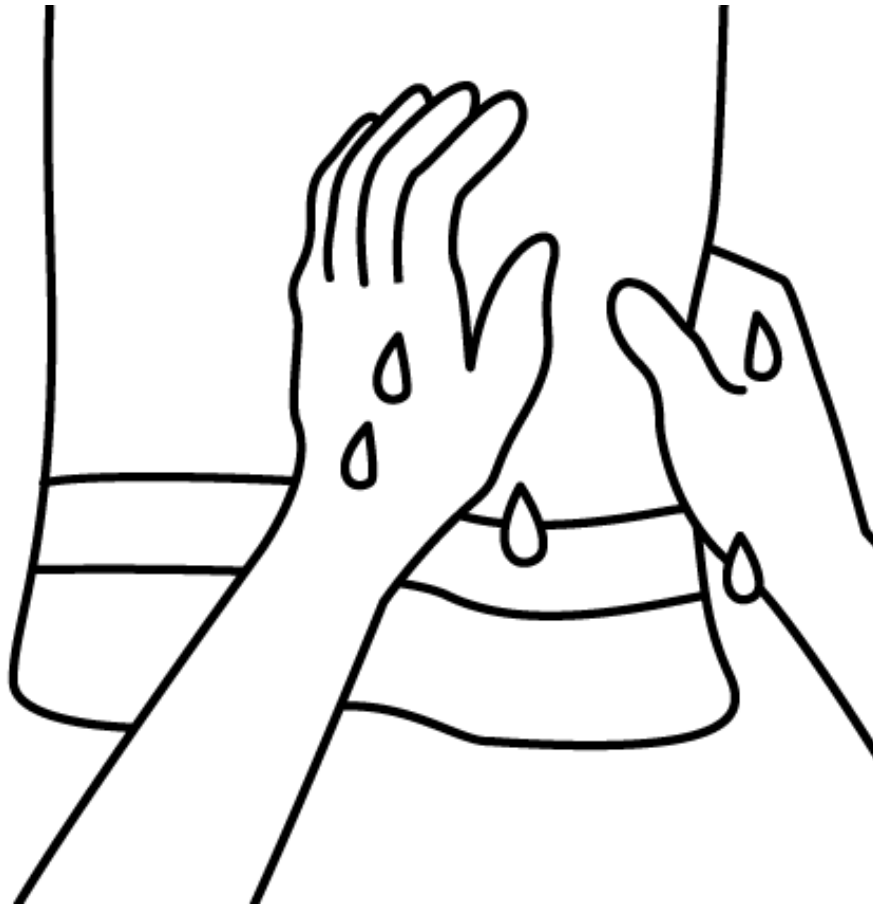


I can sing in the shower or play with toys in the tub. But I should remember that the important part is getting clean!

I will try to make my showers short. I will not fill the tub too high with water.



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I can ask my family for privacy when I bathe or shower. I can also ask them for help when I need it.

When I am all done, I will turn off the water or empty the tub. I will use my towel to get all dry! Then I will get dressed and get ready.



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For more information please call

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