

Grown-Up Note

Some children want to feel clean but struggle with the sensation of water, soap, towels, temperature changes, or the sound and pressure of the shower. For children with sensory sensitivities, bath time can feel much bigger than it looks from the outside.

Liz's story reminds children that bravery does not mean ignoring discomfort. Bravery can mean noticing what feels hard, asking for help, trying slowly, and using calming tools.

Every child's body is different. Some children may prefer a cup of water, a washcloth, a handheld sprayer, a bath, a mist bottle, a soft towel, a timer, or extra breaks. Small choices can make hygiene routines feel safer and more predictable.

Liz does not become brave because the water suddenly feels easy. She becomes brave because she learns to listen to her body and try again gently.



Liz's Sparkle Breath

When something feels too big or scary, try Liz's sparkle breath:



Smell the moonflower.

Breathe in slowly through your nose.



Blow the dandelion fluff.

Breathe out slowly through your mouth.



Try it three times.

In went calm.
Out went sparkle.
In went calm.
Out went sparkle.
In went calm.
Out went sparkle.

