
Toddler Behaviour - Hates Bathtub

How do I get my young daughter to take a bath? She freaks every time she sees it.

Brain development stage: Toddlers have many fears. They do not understand how machines work and the noise of the water and drain action can be very scary to them, even with parent explanation.

Suggestions:

- Use an infant bath that is smaller and less intimidating. Make it fun.
- Bath or shower with her.
- Show her a shower and invite her into it. Tell her it is rain.
- Switch it up with different times, toys, parent.
- Put her in a swimsuit and say that you are going swimming in the bathtub, if she loves swimming.
- Show pictures of the bathtubs inner mechanical workings.
- Stand in the tub with the detachable water hose and let her control it.
- Show her items that don't go down the drain. Make sure they are bigger than what fits in a paper towel holder.
- Get a drain cover that lets the water go down, but nothing else.
- Fill and drain the tub when she is out of the room.
- Turn out the lights and have a glow stick party in the bath.
- Take a bubble bath with just yourself, and with candles, wine, and music, and let her see you have a great time.
- Give her a bubble bath.
- Get her a lot of bath fun toys like crayons, paints, foam wall stickers, magnets, etc.
- Be sure to constantly supervise her until she is at least eight years-old as she can slip under the water and drown.
- She probably doesn't get very dirty in the winter. You could let her go for several days without a bath.
- Take her swimming once a week and get her clean that way.
- Wash her in parts. Do her hair under the tap one day, then her feet next day.

Toddler Behaviour - Won't Get Out of Bathtub

My son loves the bath. How do I get him out without a tantrum?

Brain development stage: Toddlers love water and don't understand your time constraints.

Suggestions:

- Discreetly pull the plug so the water disappears.
 - Offer a snack or book to entice him out. Pull the plug when he is out of the room.
 - Set a timer.
 - Give him a fair amount of time to play. Toddlers hate doing anything for only five minutes.
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Toddler Behaviour - Splashes

My son loves the bath. How do I stop him from splashing too much?

Brain development stage: Toddlers love the water and don't understand messes.

Suggestions:

- Discreetly pull the plug so the water disappears.
 - Bathe with him and pull the shower curtain so he doesn't get water on the floor.
 - Stay with him and tell him "No!" "Water stays in the tub, not the floor."
 - Don't fill the tub so full next time.
 - Let him splash all he wants in a paddling pool in the yard.
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Toddler Behaviour - Hates Sunscreen, Nail Trimming, Haircuts and Hair washes

How do I get sunscreen on a toddler who detests it? She also hates having her hair cut and nails trimmed.

Brain development stage: Toddlers need to be distracted so you can get through daily routines.

Suggestions:

Sunscreen

- Let her smear sunscreen on your face while you do hers.

- Buy some spray on sunscreen and spray it on your fingers and then run it on her skin. Spray on is faster. Be sure she closes her eyes and holds her breath.
- Wait until she is strapped in her car seat and then do it while distracting her.
- Ask her permission first. Show her what a little dab it is.
- Squeeze some in a bowl and use a paint brush to "paint" it on.
- Put little lotion circles all over her legs and let her rub it in.
- Promise she can towel off the excess.
- Keep her in a big hat, and long sleeves if she absolutely refuses sunscreen.
- Don't let her outside until she puts some on. Make it a routine rule for everyone in the family. No sunscreen - no outside.

Nail Trimming

- Trim her nails during nap or bedtime when she is in the deep phase sleep.
- Promise her nail polish if she lets you trim her nails.

Hair Cuts

- Pretend to play "spa" and do facials, manicures and pedicures as well as hair styling.
- Trim nails and hair while she is engrossed in a movie.
- Trim her hair while she is in the bathtub. Let her wear a visor on her forehead so she doesn't see you trim her hair.
- Do hair cuts in the high chair while she is engaged in a toy.
- Put her in a kitchen sink so she can play while you cut.
- Call it hair style and not "cut". She may understand "cuts" as a bad thing.
- Let her see you at the salon when you go. Play up what great fun it is!

Hair Washes

- Acknowledge her feelings. Say, "I know you hate having your hair washed."
- Work fast.
- Let her wear a visor or diving mask so shampoo doesn't get in her eyes.
- Put shampoo in her hand and let her apply and rub. You finish off.
- Hold a dry washcloth over her eyes and tell her to look up. Have a decal on the ceiling she can look at. Or let her keep the diving mask on. Carefully pour a container of water over the back of her head while she is looking up, to rinse without getting soap in her eyes.

- Let her shampoo a doll while you do her.
 - Consider going swimming more often if she really hates shampoo.
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Toddler Behaviour - Getting Yourself Showered with a Toddler Loose

How do I keep a toddler busy while getting dressed and showered?

Brain development stage: Toddlers need to be distracted so you can get through daily routines.

Suggestions:

- Hang a clear plastic shower curtain so you can watch your toddlers while you shower.
 - Bring her into the shower with you.
 - Keep a cupboard in your bathroom or bedroom that can house toys to keep her busy while you get ready. Keep the toys only for bathroom use.
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Toddler Behaviour - Falls Asleep While Driving

How do I keep my toddler awake while she is in a backward facing seat, while we are out driving?

Brain development stage: Toddlers are often lulled to sleep by the hum of car travel.

Suggestions:

- Try to sing or play a peppy music tune.
 - Distract with coloring books or an activity to keep her hands busy.
 - Have a bucket beside you with new things to pass to her.
 - Give her snacks that take a long time to eat.
 - Have a sibling sit back with her to poke her, tickle her and keep her awake.
 - Open the windows to get a blast of cold air in there.
 - Don't drive during nap or sleepy times.
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Toddler Behaviour - Holiday Decorations

How do we have a holiday tree and a toddler in the same house?