**Toothbrushing: Being a sensory detective (plain version)**

Environmental things to consider when brushing your child’s teeth in the bathroom

1. Visual

* Is the shaving light/mirror light too bright?
* Is the overhead light casting a challenging shadow or is it too bright to focus?
* Is it too dim to see?
* Are there any flickering lights?
* Are there any busy backgrounds? (a bright shower curtain etc.)
* Is there a lot of visual clutter? (toys, toiletries etc.)
* Does anything unsettle? (characters on other’s belongings, deep shadows, etc.)
* Is there enough visual stimuli to keep your child alert and interested?

1. Sound

* Is the tap running?
* Is the toilet flushing?
* Is there a buzz or hum from lighting?
* Is there anyone else in the bathroom at same time?
* How do you use your voice?
* Is there a vibration of brush (or another users brush)?
* Is the boiler gurgling?
* Is there an extractor fan whirring or clanking?
* Are there noises from the immediate external environment?

1. Smell

* Is the toilet flushed and lid closed?
* Are there any smell associations with toileting?
* Have you considered the smell of cleaning agents and air fresheners?
* Do they like the scent of toiletries and soaps?
* Is there a cat litter tray or other pet related item in bathroom?

1. Temperature

* Is it cold?
* Is there a draft?
* Is it too warm?
* Is the temperature too unpredictable?

1. Tactile

**When thinking about the flooring:**

* Is it unpredictable?
* Is it gritty, damp or dry?
* is it fluffy or tickly?
* Is it cold?
* Does your child need suitable footwear?
* Can they stand on/tolerate a bath mat?
* Can they manage changes in floor texture (e.g. bath mat) without trips or falls?

**When thinking about other tactile elements:**

* Does your child like the surface of towels, washcloths, soap, etc?
* Do they like the feel of fittings and furniture?
* Does your child have a fear of unpredictable drops of water which may fall on clothes or skin?

