

10 Top Tips to Avoid Fear of Water on the Face



- 1. Have contact with the water every day**, at least in the beginning, even if this means daily bath time.
- 2. Make water fun!** Nothing helps us relax more than having a good time, so turn bath and pool time into playtime.
- 3. Use your imagination.** Pretend to be a splashy whale or a rainy cloud. Sing along to sprinkling and splashing actions, music is therapeutic!
- 4. Splash, splash and more splashes!** Clap your hands under water to celebrate. Fill up a colander or put holes in a plastic container to make it “rain”. Fill the bath with pouring toys such as cups and plastic dishes.
- 5. Give dolly a bath each day**, encourage children to play “splashy” games with dolly.
- 6. Start small and build up.** Just little splashes and sprinkles near or on the face or head to start with. Gradually increase the volume and frequency as tolerance to water increases.
- 7. Know when to back off.** If your child worries about the sprinkling then stop for today and play another bath game. But do start again tomorrow (or later this bath time) remember always start small and build up.
- 8. Use distractions between wetting.** The routine could be: Sprinkle and clap then: “hey look at dolly kick her legs”. Sprinkle and clap then: “This is a big yellow boat”. Sprinkle, distract - sprinkle, distract.
- 9. Be Patient.** Let the child lead the activities and avoid making a fuss if your child looks a little worried with the splashing. Just quickly acknowledge what happened “Silly ol boat made a big splash”. And then distract “lets sail the boats around and around to make a whirlpool”.
- 10. Play first, soap second.** Avoid soap stinging the eyes by playing your sprinkling and clapping games before you add the soap. Don't be afraid to sprinkle water over the ears and face, it won't do any harm as long as it's fun.

Follow these simple steps, every day and in no time at all you will have a happy little water nymph playing in your bath!

If you are concerned about ears you should first check with your own Doctor or ENT.

A study published in the AMA in 1998 by Richard L. Herbert MD; Geoffrey E King MD; John P. Bent MD, concluded:

“Showering, hair rinsing and head submersion in clean tap water do not promote water entry into the middle ear. Submersion in soapy water increases the probability of water contamination. Pool water infrequently enters the middle ear with head submersion, but the incidence increases with deeper swimming (greater than 60cm). These data provide further evidence that many water precautions frequently advised in patients with Tympanostomy Tubes (Grommets) are unnecessary”.

Barbara Nolan