

PDA Hygiene Routine Reset (Younger)

Simple shifts to support hygiene with less pressure and more cooperation

Why hygiene triggers PDA

- Sensory discomfort feels intense
- Transitions stack demands
- Feeling controlled creates resistance

Parent nervous system first

- Calm tone + slow pace
- Keep words minimal
- Lead safety, not control

Make it playful + flexible

- Turn into game or choice
- Offer “easy version”
- Keep expectations light

What to say instead

Instead of: “Go brush your teeth.”

Try: “Want to do a quick brush or silly version?”

Instead of: “You have to take a bath.”

Try: “Bath or wipe-down today?”

Instead of: “Just do it.”

Try: “Let’s try the easiest version.”

Support sensory needs

- Adjust temperature
- Try different products
- Use towels or alternatives

If they’re stuck

- Start with one step
- Stay nearby
- Pause and try again later

PDA is a nervous system response. Reduce demand, support autonomy, and protect connection. - Tara Triefel