



splashy **BIG**

Activity Guide

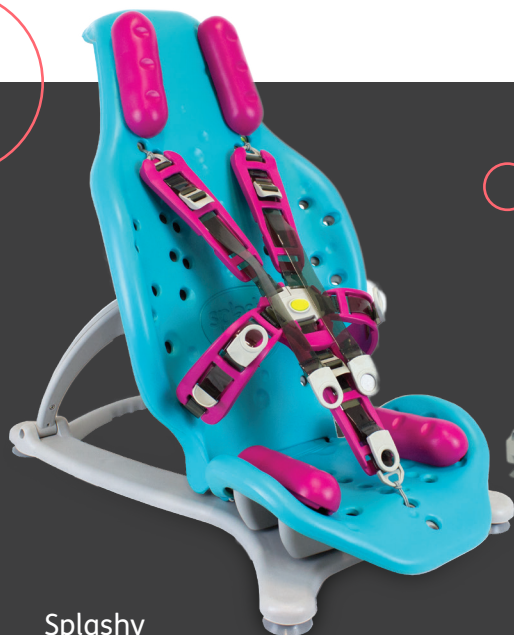
**SplashyBIG is a portable bath seat
for tweens and teens with disabilities!**



What is SplashyBIG?

Firefly's bath seat – **Splashy** – was released in 2017 to the delight of the community as a posturally supportive bath seat was requested for quite some time after the launch of the GoTo seat.

We have listened to the demands from our community and delivered SplashyBIG. With many of the same features and benefits of Splashy, **the SplashyBIG is Firefly's first product for the 7–14 tween and teenage range!**



Splashy
1–8 years old



Splashy BIG
7–14 years old

Moving & Handling

It is not possible for us to provide specialised moving and handling advice as the circumstances will differ for each family.

Improper moving and handling can cause risk of injury to you and your child. **For guidance on moving and handling, please speak with your therapist.**

Benefits of bath time



With your child getting older, try to encourage their independence. Bathing as opposed to showering can facilitate a more autonomous and dignified approach to washing needs because it allows your child to control their experience. Promote independent self-care skills where possible as it encourages improved self-esteem and wellbeing.

You might be familiar with the term hydrotherapy, but did you know that specific temperature ranges are used in these sessions? The range is between 32-35°C /89.6-95°F⁽¹⁾ and this is because this temperature stimulates circulation and muscle relaxation⁽²⁾. This in turn can be a useful method to manage muscular and joint pain associated with neurological conditions. To give your child the chance for a relaxing full body stretch, fully recline the backrest to let them enjoy a good soak.

If you have any questions

for our clinical team regarding SplashyBIG, email customer.enquiries@fireflyfriends.com or contact us via social media.

Please note: When using SplashyBIG in a shower or external environment always use the stabiliser feature on the floorsitter.



1. Wratten, S. (2017). Hydrotherapy Pools – New Guidance and the Impact on the Aquatic Physiotherapist. Buckinghamshire: Aquatic Therapy Association of Chartered Physiotherapists

2. Olama, K.A., Kassem, H.I and Aboelazm, S.N. (2015). Impact of Aquatic Exercise Program on Muscle Tone in Spastic Hemiplegic Children with Cerebral Palsy. Clinical Medical Journal, 1(4), pp. 138-144.

Clinical Tips

Our clinical team have put together a few suggestions for you to try out with SplashyBIG, plus some points on the benefits of bath time. You should definitely give this a read, they really know their stuff!

As children get older, they can require more advanced levels of postural control/support. This can be as a result of a specific condition or a change in muscle tone or strength. Here are a some suggestions that will help manage some specifically seen presentations.

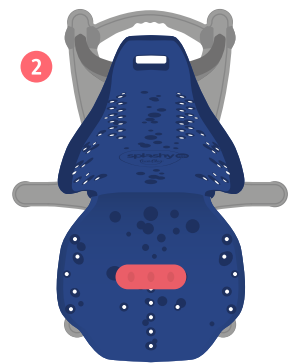
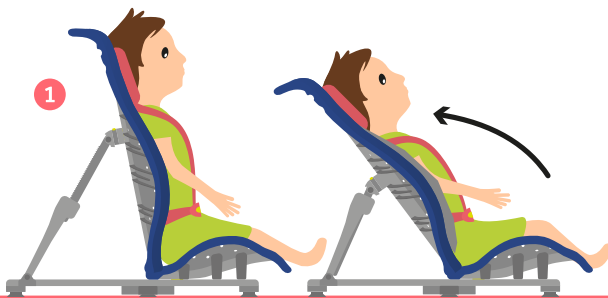
Is your child sliding forward in the Splashy?

Limited hip flexion and tight hamstrings can make sitting with your legs out straight very difficult to achieve and uncomfortable. If your child seems to slide forward in SplashyBIG, this could be the reason why. By opening up the angle at the hips these muscles are able to relax a little more.

Try sitting on the floor with your back flat against a wall and your legs out straight for yourself. You'll likely notice your instinct is to either lean back to open up your hip angle or bend your knees.

1 A tip to try and compensate and counteract this tightness, would be to recline the backrest. This will open up your child's hip angle which will relax the muscles and help discourage sliding.

2 The seat base on SplashyBIG has had increased ramping added to improve both comfort and stability. If this isn't enough to stop your child sliding forward, try adding one of the bumpers horizontally across the SplashyBIG just in front of their bum, this will provide a bit of a shelf which would prevent them from sliding forwards.



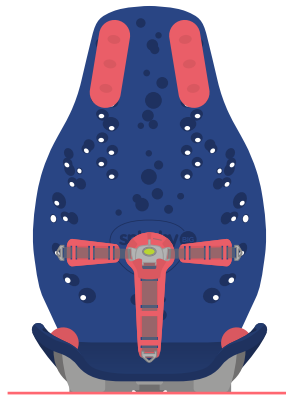
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Don't go overboard, match the supports to the ability.

For children with limited trunk or head control, the 5 point harness would be recommended to provide the necessary upper body support. You can also add recline to SplashyBIG to let gravity take effect.

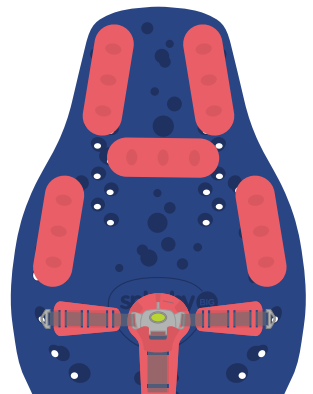
Bear in mind that this can limit how active your child will be in the bath. For children who can partially support their own trunk for a reasonable period of time, the 3 point harness would be ideal (see user manual for instructions on harness set up).

Move the backrest upright and then encourage your child to actively lean forward to engage in play or washing. This will help develop their neck and trunk muscles and doesn't restrict their potential to be active.



If additional support is needed, the bumpers can be placed to provide lateral support for the hips, trunk or head. Placing a bumper horizontally at the curve along the back of your child's neck can provide subtle head support to the occipital region.

For additional bumpers check out the accessories section on the website.



What else can be done with SplashyBIG?

SplashyBIG can be used in the shower or outdoors to give your child access to new environments – it can provide postural support at the beach while your child feels the waves on their feet or digs their toes into the sand. If you're using SplashyBIG outside of a bath, always use the new stabiliser feature on the floorsitter.

