

Bathtime Fun

Bathtime is usually a fun time for all children. Besides being just fun, it can be a time for new experiences and learning. Just adding bubbles can create a new sensory experience of smell and feel. Try popping the bubbles or patting them on your face to make a beard. Use different textured washcloths or shower puffs to wash different body parts. Sing the song “This is the way we wash our face so early in the morning.” Substitute different body part names or substitute evening for morning depending on when you get your bath. Do not forget to wash your elbows, wrists, waist, hips, ankles, and heels, too. These are body parts that children often cannot name.

Add a variety of different size sponges, squeaky toys and basters from the kitchen that your child can squeeze to make his fingers and hands stronger. Discover toys that sink and toys that float. Put in measuring cups and spoons and fill empty bottles with funnels. How many cups does it take to fill the bottle? Squirt shaving cream on the wall of the tub and draw lines, circles, shapes, people, letters and numbers. Your child could even practice printing his name, too.

Having a bathtime ritual or routine can create a calming effect to help your child quiet and settle down for the night. It also gives you a few extra minutes to play and have fun with your child. Remember to make bathtime safe and young children should be supervised at all times!