

# Home activities...

## Relax, Play & Learn at Bath Time

The bath is the perfect environment for learning through play. We know that some of you don't find bath times relaxing, especially if your little one doesn't have much water confidence but hopefully these activities will help you and your little one learn how to make bath time a relaxing and beneficial experience for you both.

Firstly, we have some videos, done by our lovely teachers, featuring relaxing songs. Water massage is so important, getting your little one used to having their body enveloped by water, feeling water on their legs, arms and body; getting used to their ears being under water; getting used to the feeling of water on their face, even if it is just sprinkled gently by your fingers.

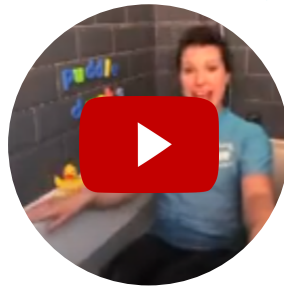
### I Hear Thunder



### I Love You



### If You're Happy...



Baby &  
Pre-school  
age 0-4



Relax



Stimulation



Play

Giving your child the opportunity to play in the water is crucial to water confidence. Making bath times about something other than a cleaning ritual can really increase confidence and also make for an easier bedtime as they will feel tired after a play in the bath. If you can, be in the bath with your little one, then you can take part in the play too.



Use plastic cups, bowls, sieves etc. in the bath and show them the fun that can be had – water play is fun but also develops imagination, creative thinking, hand-eye-coordination and fine motor skills.

pour  
splash scoop  
drench empty  
float full heavy  
slippy light  
scrub  
soak

You can also introduce new words to help with language skills e.g. soak, drench, pour, slippy, float, splash, scrub, scoop. When filling and emptying cups use words such as full, empty, heavy, light.



There are endless possibilities in the bath for play and learning at the same time. Try different temperatures (be careful it's not too hot or cold) for further learning experiences.



For older toddlers, bring characters into the bath (make sure they are waterproof) and make up stories and create adventures.

Find out more information at [puddleducks.com](http://puddleducks.com)

puddle  
Ducks