

Activity 1: NAME THOSE BODY PARTS!

Key Learning Area: Social and Emotional Development

INFANT: While washing and moving baby's body, you can name the major body parts of the body. Remember to smile so baby views this as a positive experience.

TODDLER: During bath time a greater number of body parts can be identified, starting with the large items like arms, stomach, legs, and moving to smaller items like ankle, elbow, neck.

PRE-KINDERGARTEN AND KINDERGARTEN: In the bathtub, children may become more independent in washing themselves. Parents can play Simon Says, such as, "Simon Says wash your feet. Simon Says wash your ears." As your child gets older, you can add more details, such as "Scrub your left elbow" or "wash your biggest toe".



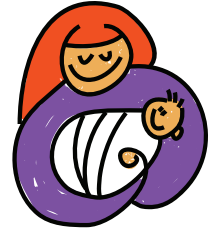
Activity 2: WATCH ME MOVE

Key Learning Area: Health, Wellness and Physical Development

INFANT: Prior to entering a bath, resting on a towel on the floor, children can practice rolling from their backs to their tummies. During washing you can stretch and bend baby's arms and legs.

TODDLER: Youngsters can begin to remove socks and shoes at bath-time. They can stretch to wash their feet, practice pointing their toes, or reach to the ceiling. Have your child touch different body parts, and then try to touch body part to body part as you model. For example: Touch nose to knee.

PRE-KINDERGARTEN AND KINDERGARTEN: Children can start to undress by removing simple garments. They can bend and pick up clothes and make a game out of putting clothes into a laundry basket.



Activity 3: EXPRESSIONS

Key Learning Area: Language and Literacy

Development: Reading, Writing, Speaking and Listening

INFANT: Infants are keenly aware of caregivers' facial expressions. Bath-time is an ideal time to engage in imitating sounds and facial expressions.

TODDLER: Play a quick game of follow the leader with facial expressions. The adult makes a face and the child needs to mimic it. Check to see how closely your faces match in the mirror.

PRE-KINDERGARTEN: Ask children to demonstrate facial expressions. "Show me your _____ face." Insert words like surprised, angry, or happy.

KINDERGARTEN: Extend the face game for kindergarteners by having them name the facial expressions you are making, then have them do the same expression!



Activity 4: TOOTH BRUSHING

Key Learning Area: Health, Wellness and Physical Development

INFANT: Use a soft clean cloth, dampened with cool water to clean your infant's gums. Softly explain in simple terms what you are doing. The tone of your voice will help to convey this as a positive experience.

TODDLER: Tooth brushing is an important lifelong habit to foster. Toddlers within this age range can begin to brush their teeth using a pea sized dollop of toothpaste and a soft bristled toddler toothbrush. You will have to follow up to ensure your child reaches all the teeth.

PRE-KINDERGARTEN: Tooth-brushing continues to be an important habit to reinforce with preschoolers. Reminders while they are brushing to do top- inside, outside, roof of the mouth, bottoms- inside, outside and tongue. Have your child select a number between 10 and 15. This indicates how many brush strokes they have to do for each location: 12 tops, 12 bottoms, 12 tongues, etc.

KINDERGARTEN: Kindergarten children can learn to floss their teeth. Parents can demonstrate and help with this activity. The American Dental Association recommends that flossing occur daily. This is a great life-long habit to begin forming.



SUGGESTED BOOKS

Barnyard Bath by Sandra Boynton

Elmo's Tub-Time Rhyme (Bath Book) by Kara McMahon & Tom Brannon

Bad Kitty Gets a Bath by Nick Bruel

My First Word Bath Book (My First series) by DK Publishing

Do Pirates Take Baths? by Kathy Tucker & Nadine Bernard Westcott

Puppy Takes a Bath (Dora the Explorer Ready-to-Read) by Christine Ricci & Tom Mangano

Estelle Takes a Bath by Jill Esbaum & Mary Newell DePalma

King Bidgood's in the Bathtub (Caldecott Honor Books) by Audrey Wood & Don Wood

Tub Toys by Terry Miller Shannon, Timothy Warner, & Lee Calderon

For more ideas visit www.papromiseforchildren.com