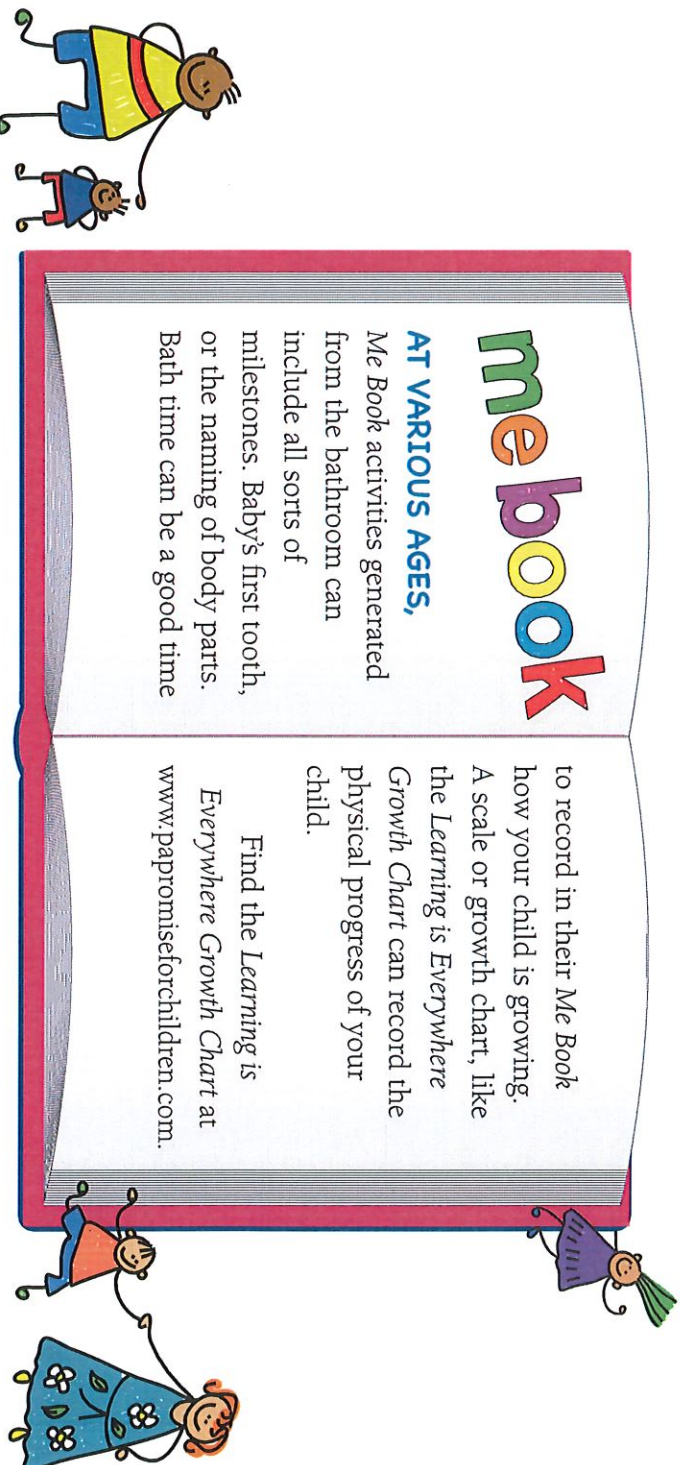




IN THE BATHROOM

The bathroom is a great place to learn about personal hygiene and focus on motor development, but safety is always the first concern when thinking of activities for children while in the bathroom. Families should never leave young children unsupervised while in the bathtub. Bathroom storage areas should be locked. Cleaning products and medications should be placed out of reach.



Activity 1: NAME THOSE BODY PARTS!

Key Learning Area: Social and Emotional Development

INFANT: While washing and moving baby's body, 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. Families an 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 3: EXPRESSIONS

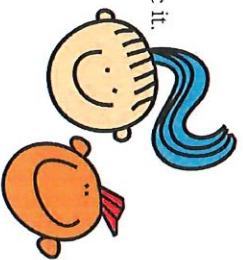
Key Learning Area: Language and Literacy Development: Reading, Writing, Speaking and Listening

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 kindergartners by having them name the facial expressions you are making, then have them do the same expression!

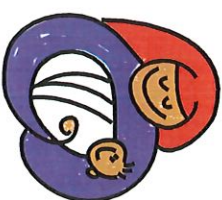


Activity 2: WATCH ME MOVE

Key Learning Area: Health, Wellness and Physical Development

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

TODDLER: Toddlers 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 toddler 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 clothes. They can bend and pick up clothes and make a game by putting clothes into a laundry basket.

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. Explain what you are doing. The tone of your voice will help this be a positive experience.

TODDLER: Tooth brushing is an important lifelong habit! Toddlers can begin to brush their teeth using a pea-sized dollop of toothpaste and a soft bristled toddler toothbrush. You will also need to brush his teeth to make sure all teeth have been brushed.

PRE-KINDERGARTEN: Tooth brushing is an important habit to reinforce with preschoolers. Reminders while she is brushing to do top, inside, outside, roof of the mouth, bottoms, inside, outside, and tongue.

KINDERGARTEN: Kindergartners can learn to floss their teeth. Families can demonstrate and help with this activity. The American Dental Association recommends flossing every day. This is a great life-long habit to begin forming.

The American Dental Association recommends that a child's first dental visit occur within six months after a baby's first tooth appears, but no later than the child's first birthday.



NOVEMBER SUGGESTED BOOKS

Barnyard Bath by Sandra Boynton

Elmo's Tub-Time Rhyme (Bath Book) by Kara McNamron & 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 Biddgoods 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