

# Kids Bath time activities



# BATH TIME ACTIVITIES

---

**Contents**

CHAPTER #1: HOW TO GIVE BATH TO YOUR CHILD..... 5

CHAPTER #2: BATH TIME ACTIVITIES ..... 7

CHAPTER # 3: SOME DIY PROJECTS:..... 13

## *INTRODUCTION:*

Bathing time is the time where you can engage yourself with your child in a fun manner. Bathing time is an important element when it comes to a healthy parenting style. According to some psychological studies if the basic needs of the child i.e. toilet training and bathing etc are not meet properly by the care giver, the child will probably not grow into a healthy adult. So have some time with your child so that he can learn new things from doing practical activities.

This eBook will guide you all about bath time activities and essential elements which will surely help you and your child.

So let's get started!

## CHAPTER #1: HOW TO GIVE BATH TO YOUR CHILD

Being a parent sure is a difficult task. The child needs special attention and care in every step and in every routine. Most of the parents do not know how to give a bath to the child and they struggle a lot in learning it.

Following are the steps which you need to bathe your child:



1. Prepare yourself first. This is the first step. Wear comfortable clothes so that you can perform the task well. Take off any rings or watch that you are wearing. You do not want to damage things. Right?
2. Arrange all the bathing supplies before starting the bath because when the baby is in the water, you cannot leave him/her at any cost. So it's better if you arrange the supplies first.
3. Fill the bath tub with right amount of water. Make sure the temperature of water is according to the needs of the baby. The ideal temperature for baby's bath is 32 Celsius. Always check the water before putting the child in the water.
4. Add bubble bath or baby shower gel in the bath if you want to.
5. Slowly and gently put the child in the tub.
6. Pour water on the child carefully. Make sure you keep it away from his nose and eyes.
7. Carefully apply soap on the child and gently cleanse the body.
8. Rinse the baby well. Make sure the child has no soap residues on his body which can cause irritation on his skin.
9. Pat your child dry with a soft cloth.
10. Apply baby powder and lotion on baby's body.

## **THINGS YOU WILL NEED FOR BATHING**

- A soft towel with a hood
- Extra towels just in case
- Cotton wool balls, a washcloth or a sponge for washing your baby
- A pitcher for pouring water over your baby
- Baby soap
- Baby shampoo
- A changing mat
- A change of clothes
- A clean diaper
- Baby powder
- Bath toys
- Bubble bath
- A tub for your baby if it's small or a newborn

## **SOME PRECAUTIONS**

1. Never leave your child in the bath tub alone.
2. Always make sure that you check the water temperature.
3. Use mild soaps for your child. Harsh soaps can cause irritation on his skin.
4. Before adding water in the tub, make sure there are no insects or bugs in the tub.
5. Always make sure that the eyes and ears of the child remain protected.
6. Always make sure you use good quality colors for bathing activities.
7. Do not use pointed objects when the child is around.

## CHAPTER #2: BATH TIME ACTIVITIES

Bath time activities can surely make bathing time fun and interesting. Following are some ideas which you can use to have some fun time with your child.

### 1. COLOURED ICE CUBES:

Say no to plain old water. Add colored ice cubes in the water and see your child giggle at them. All you need some water and food colors. The baby will enjoy by seeing the colored ice cubes melt in water.



### 2. ADD FISH TOYS:

Add some fish toys in the water and ask the child to catch them. You can also add some boats and ducks if you want to.



### 3. GLOWING BATH:

Glow sticks are easily available at local stores. Grab some sticks and put them in water. Switch off the lights and see the sticks glow. The child will be fascinated to see glowing things in the water.



### 4. WATER COLORS:

Give some water colors to your child and let them paint the tiles while taking bath. The child will be able to enjoy his bath time.





## 5. PUPPET SHOW:

Be creative and make some puppets at home. Wear these puppets and have a little puppet show with your child in the tub. It is a great way to teach your children words and sentences



## 6. START A RACE:

Take some toys like boats or fish and start a race with your child. So line up your toys and see who wins the bath race?

## 7. SPONGES:

Take some sponges and cut different alphabets and shape out of it. Leave them in the water and tell the child to identify the shapes and letters. In this way the child will enjoy and also learn a lot.



## 8. ART WORK:

Craft foam is easily available and is very cheap. To make bath time more colorful, use the craft foam to draw cartoons on the walls of the bathroom. The child will be so happy to see all his favorite cartoon characters in the bath tub.

## 9. BALLOONS IN THE WATER:

Fill balloons with colored water and glitter and leave them in the bath tub. Tell the child to pop them to see what color is inside it.



## 10. THEMED BATHS:

You might have seen themed weddings and birthday parties but now it's time to arrange a themed bath tub. For example you can arrange a princess themed bath tub.



### **11. BLOCKS:**

You can get some toy blocks and help your child to build something out of them in the bath tub.

### **12. STRAINER:**

Get a plastic strainer and give it to your child to play with it, you have no idea how much the child will enjoy playing with the strainer in the bath tub.



### **13. WASHABLE MARKERS:**

These are very cheap and easily available. Grab some markers and help your child make different shapes and other characters from them. It is an excellent way if you want your child to learn something.

### **14. SPRAY BOTTLES:**

Fill a spray bottle with colored water and give this to your child. Ask him to spray in the bath tub and on the walls. He will be delighted to see all these wonderful colors around him.

### **15. OUTER SPACE THEME:**

Take some glowing stars and moons from your local toy shop. Attach these on the walls of the tub and add some glowing stick in the water tub and voila! Your outer space theme bath time is ready. To get some extra twist, try adding some rocket toys onto the water.

#### **16. FIZZING BATH TABLETS:**

These are alternatives for food colors. Some people feel uncomfortable when it comes to food colors. Use these tablets instead and have some exciting time with your young one.

#### **17. ADD MUSIC:**

If your child is fond of music then put some music on and see your baby dance and splash in the water.

#### **18. READ A STORY:**

You can also read a story book to your child in the bath tub. He will definitely enjoy it.

#### **19. SUMMER BATH:**

If it's hot out there, take a small pool and put it in your backyard and have a little bathing party with your young one.

#### **20. WASH CLOTH TOYS:**

Sew some handmade toys using the wash clothes. try to engage your child in the process. Put these toys in the bath tub and play with your child.

#### **21. SHAMPOOED HAIR:**

Apply shampoo on the child's head and try to make different shapes with it. Show this funny hairstyle to your kid and he will enjoy it.

#### **22. BATH CRAYONS:**

Okay so these are the the crayons that you can make easily at home. They are very attractive for child and really easy to make.

## **CHAPTER # 3: SOME DIY PROJECTS:**

### **1. DIY BATH CRAYONS:**

You will need

- 1 bar of white soap, grated (about 2 cups) (find one here)
- 2 tablespoons hot water
- natural powdered colors (find them here)
- small ice cube tray or silicone mold
- 1 medium mixing bowl, several small bowls
- 1 large spoon, several small spoons

#### **Directions**

1. Put grated soap in a medium bowl and drip the hot water into the soap while stirring. (Do not use more than the recommended amount of water or your bathtub crayons will have a longer drying time.)
2. Spoon equal amounts of the mixture into several small bowls (depending on how many colors of crayons you want to make). Sprinkle your powdered colorants into the separate bowls, stirring after each addition, until desired color is reached. You will end up with a very thick paste.
3. Tightly pack the colored soap into your molds, washing hands before working with each new color. Set aside in a warm, dry place to harden.
4. Allow to dry for 5-7 days. Once crayons are dry, gently remove from molds and allow drying for 2-3 additional days before using.

#### **TIPS**

You can choose soap with fruit scents. Child will love it.

You can choose molds of your choice. Try using stars and others shapes.

## **2. BATH FIZZIES:**

### **Ingredients:**

- 1 & 3/4 cup of bi-carb soda
- 2 cups corn flour
- 1 cup citric acid (found in the baking aisle of the grocery store)
- Food coloring
- Essential oil
- Spritzer bottles
- Mixing Bowl
- Smaller bowls
- Sifter
- \*Baking molds – we used silicone as it's so much easier to get the fizzies out

### **Directions:**

1. Sift the baking soda, citric acid, and cornstarch into mixing bowl.
2. Fill the spritzer bottles with water and add about 6 drops of food coloring to each (we had 2 bottles and then washed them out as we have four colors)
3. Pour a cup or so of your powdered mixture into a smaller bowl. Lightly spritz, stirring after each spritz, until the powder is your desired color. Add water slowly, so mixture does not fizz. When your mixture has a 'wet sand' consistency & can be tightly packed or shaped, stop spritzing this may take a little while). Do this with all of your colors.
4. Select an essential oil – we used a lovely lemon scented one. Add a few drops and mix well.
5. Firmly pack mixture into the baking molds. My Master 5 had a ball doing this, he loved the feel of it
6. Let your mixture sit for a few hours – preferably overnight. We found that the longer we left them, the easier it was to get them out of the molds without any breakages.

### **END NOTE:**

We have tried our best to compile some helpful information for you guys so that you can read them and then avail them to make a good and quality time for your young one.