

## DAILY BATHING OPPORTUNITIES

### 15-18 Months Continued

- Bath time can make me stronger! I like to practice reaching, sitting, and kicking in the water. I am really ready to stand near the tub to help load and unload all my fun play things!

### 18-24 Months

- I feel really helpful now. I can help with setup and cleanup of all my bath supplies. Playing with my toys, scribbling on the tub sides, blowing bubbles and practicing my bath-time sounds really make me feel smart!
- I even like pulling the plug on my water to watch it drain. This is a good way to tell me that bath time is just about finished.

- Drying myself off and rubbing lotion on myself helps me to learn about my body and strengthens my muscles.
- You have been talking to me so much about bath time and I have learned words about the bath and my body. I'm really beginning to make my needs known now!

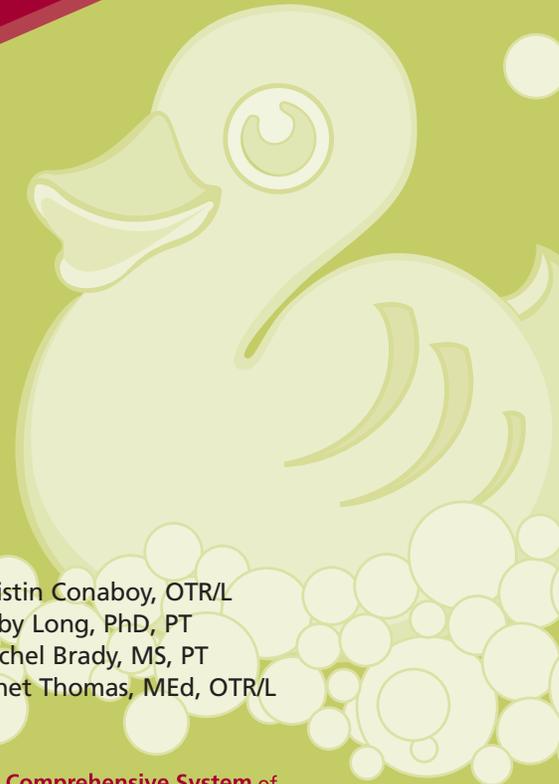
### 24-36 Months

- Bath time is so much fun. I feel like I can do a lot of it by myself. I can help set up and clean up and even do a lot of the washing.
- It is really fun to show you that I know my body parts by washing, pointing to, and naming each part.



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# Everyday Experiences Make a...



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 **Comprehensive System of  
PERSONNEL DEVELOPMENT**

# B A T H I N G

# ... Lifetime of Differences.

## D A I L Y B A T H I N G O P P O R T U N I T I E S

**B**athing can be lots of fun, but children need to be supervised. Safety should be your number one priority. Talk to your child about all the sensory experiences and everything you do with them in the bathtub. Make bath time FUN! Take advantage of the opportunities you have as you splash, splash into being clean.

### 0-4 Months

- Talk to me about bath time. Tell me about the water, the soap, and the bubbles.
- I love the feeling of different washcloths and sponges when you rub them on my arms and legs and hands and feet and back! Remind me of each body part we are cleaning.
- Show me all the fun stuff you have in my tub! I love to look at them and try to follow them with my eyes.
- Make funny faces at me, blow bubbles on my body, and encourage me to reach and wave arms and kick legs.

### 4-6 Months

- Water is so much fun. Can you tell me about the sounds it makes like “splish” and “splash”?
- I love stuff in my bath. Toys are nice, but all sorts of plastic bottles, sponges, washcloths, spoons, or Tupperware will do. As you help me sit, push my play stuff out of my reach. Reaching for them helps me to practice my balance. Show me how to splash with this stuff!
- I still love all the different textures of the sponges, washcloths, and my towel when you rub them on my body. Can we play peek-a-boo with them?

### 6-9 Months

- Back and forth games with my play things are a blast!
- Reaching for my stuff way across the tub is fun too!
- My hands can get stronger by helping me squeeze water out of different sponges and cloths. Give me some soap on these cloths and I'll try to wash myself. I'll still need you to go over me to make sure I am clean!
- If we have bubbles, can I try to point at them with my fingers and pop them?
- I love to fill, dump, squirt, stack, and squeeze my play things.

### 9-12 Months

- Stand me next to the tub at the beginning and the end of my bath so I can reach for my stuff and load and unload the tub! I am balancing, strengthening my legs by squatting and shifting from side to side.
- I am practicing standing and getting ready to walk.
- I love splashing with my arms and kicking with my legs.
- My hands keep getting stronger as you let me manipulate my toys and open caps for bubbles, soap or shampoo.
- If you show me how, I may even be able to “scribble” on the side of the tub with my pointer finger, bath paints, bubbles, or soap.

- Try engaging me in a game of peek-a-boo with my wet washcloth or while you dry me off!
- Keep talking to me about bath time, my body, and my toys!

### 12-15 Months

- I like to help set up and clean up the bath tub.
- And as I get steadier, I'd love to carry the supplies using both hands into the bathroom.
- Look at how much I am learning as I try to scribble lines and circles on the side of the tub with my finger, soap, bubbles, or bath paints if you show me how.

### 15-18 Months

- This is a great opportunity for learning all about the body and to practice naming each part.
- Bath time is a great sensory experience with lots of water play time, new textures, different smells, and feelings.
- Toys are nice, but I love all sorts of play things. Recycle old plastic bottles, containers, spoons, etc. for me to sort, stack, squeeze, fill, empty and be creative with.

**Show me *the way to* achieve my best *each* day!**