

BATHING

Lesson

Cleanliness is the absence of dirt, bad smells, stains, etc. It is important to teach your child the significance of taking baths daily. Taking baths is essential and should be valued at a young age as a healthy routine. Most children go through a stage where they refuse to take a bath, but a great way to get around that is by teaching them the correct way to take baths and by giving them the answers to these questions.

- Why do we take baths?
- Why is it important to take a bath daily?
- Why do we use soap, water, etc.?

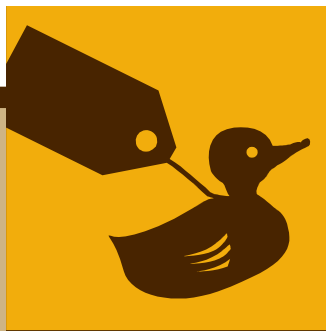


Music Time

Singing in the bath tub can make bathing more fun. If you'd like, you can sing "Splish Splash." This song has some great lyrics that are easy to remember because a lot of them rhyme. If you are not familiar with this song, make something up. Your child will not even know the difference: they will just be happy about singing while bathing.

Snack Time

Enjoy a glass of water and an apple.



Activity & Games

A great way to review numbers/counting and to make bath time fun is by playing with rubber ducks or other bath toys. You and your child can count the rubber ducks together, which will make taking baths more enjoyable.

If you have not yet introduced body parts to your child now is a great time to familiarize them with the different parts of the body. If you have already introduced body parts to your child, now is a great time to review them.

Reading Time

- Maisy Takes a Bath, by Lucy Cousins
- Bath Time!, by Sandra Boynton
- Bath Time!, by Naomi Kleinberg

