

Bath time Fun

...giving children
the best start

Nottinghamshire Best Start Strategy 2021– 2025: Ensure parents/carers understand the importance of their role as 'first educator' and are aspirational for their children

You are your child's teacher:

Face to face play time

Language: try to use 1, 2, 3, go, this introduces listening and attention.

Social and interaction, waiting and turn taking

Encourage other family members to do these activities.

Repeat activities as much as possible.

Be warm, supportive, and encouraging.

Bath Time Safety:

Every parent and carer wants their baby and child to have a positive experience during bath time, and so here are a few top tips to consider:

- Check the temperature of the bath water using your wrist or elbow, the temperature should be: 37– 38 °C.
- Make the bath part of your baby's routine.
- Fill the bath to the depth of your baby's belly button.
- Ease into bath time, bath time only needs to be for 5-10 minutes and keep one hand on your baby at all times.
- Start with a sponge bath.
- Use a mild shampoo washing hair 1-2 times a week, and use a neutral PH bath wash.
- Keep your baby warm after bath time.

Activities to do:

- Sing songs/ have background music.
- Have bubbles
- Encourage splashing.

Toddler activities:

Add boats, ducks, fish, bubbles, bath books

