



At Home Aquatics Activities

(in a tub or kiddie pool)

**for Parents/Tots
6 months-3 years**

Water Adjustment

Waterfalls: Using a cup or small bucket, pour water over the back of your child's head. As the water sprinkles over the front of their face, encourage your child to blow raspberries or blow the water away.



Straw bubbles: Using a straw, have children blow bubbles into their milk, water, or juice. This allows children to understand how to inhale before they make bubbles. You can also take the straw into the tub and show them how to blow bubbles in the tub and then have them try it without the straw on the surface of the water.

Magic Soap: Play a game of "Magic Soap" in the tub. To encourage children to get their faces wet, ask them to wash their faces with imaginary magic soap and a magic washcloth. You can also use bubbles from a bubble bath and have them wash the bubbles off with water.

If you're happy and you know it (Bath tub song):

If you're happy and you know it splash the water (1. splash the water)

If you're happy and you know it splash the water (1. splash the water)

If you're happy and you know it and your face will surely show it,

If you're happy and you know it splash the water (1. splash the water)

Repeat replacing underlined portion each number below

2. blow your bubbles (blow on surface of water)

3. Kick your feet (kick your feet up and down)

4. Float on your back (lay in tub or lay on mommy or daddy's chest)

Blowing bubbles or putting faces in water

Treasure hunting: Place sinking objects in the tub and have children look underwater to get them or identify them

Face in a bowl: At the sink in or in a large bowl, have children practice putting their face in and blow bubbles. Have them yell as loud as they can to expel air or talk in the bowl and see if you can tell what they are saying to encourage them to exhale under water.

Bubble Boat or Bubble Duck: If you have a toy boat or rubber duckie, see if your child can blow the boat or duck across the surface of the water.



Tow Float and Roll

Row, Row, Row your Boat (sing while holding baby on their belly at water's surface*)

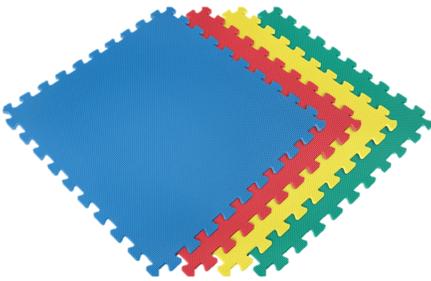
Row, row, row your boat, gently down the stream

Merrily, Merrily, Merrily, Merrily

Life is but a dream

*Once child is comfortable being stationary, feel free to move child through the water to work on their Front tow

Use some equipment for comfort *



If you have these foam floor mat blocks at home, you can sit in a tub with this on your lap and have baby lie on their tummy or on their back to get comfortable being in that position surrounded with water. Watch that their face stays above water unless they are comfortable blowing bubbles. Kick boards are also helpful to use if you have one available.

*Can also be used for back skills also

I'm a little pancake (Sung to the melody of I'm a little Teapot*)

I'm a little pancake on back

I'm a little pancake nice and flat

I'm a little pancake on my back

Flip me over just like that (roll child from back to front)

*Once child is comfortable being stationary, feel free to move child through the water to work on their tow

Have you ever seen a baby Song (For front and back float)

(Sung to the melody of "Did you ever see a lassie")

Have you ever seen a baby, a baby, a baby (stationary float)

Have you ever seen a baby float this way and that (stationary float)

Float this way or that way, Float this way or that way (Move child side to side)

Have you ever seen a baby float this way or that (Move child side to side)

Roll and repeat on opposite side (from front to back or back to front)

Fine Motor Coordination

This is the way Song (sung to this is the way we brush our teeth*)

This is the way we reach and pull, reach and pull, reach and pull

This is the way we reach and pull in the swimming pool

*Repeat with Kick our feet, Blow bubbles, Float on our backs for underlined portion