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**Bath Time Fun**

**By Jennifer Gove**

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Bath time can be fun or it can be a real hassle if your child is afraid or don't like it. So we as mothers try to make it a fun time for our little ones! Then the problem will be getting them out!

**Color It**

Bubble bath can be irritating to little ones causing urinary track infections, yeast infections as well as skin irritation. A few drops of food coloring are a wonderful solution adding interest and fun to your child's bath. You can also turn each bath into a learning experience drop one color in such as red then ask your child what they think will happen if you add a drop of yellow.

**Measure It**

Measuring cups are fun for pouring and filling in the tub and if you have an old set they are a great free fun set of toys for the tub. They can stack and pour to their hearts content and maybe even learn to wet their hair for washing, control gives many children the power to over come fears such as getting their hair wet for washing.

Learning time can be created threw the use of the measures .Take the one cup measuring cup and ask the child how many of each cup it will take to fill your big cup.

**Bath Body Paints**

You must you super vision with young children, but we all know you must supervise young children in the bath any how ;-)

In a few small cups put some hypoallergenic shaving cream (test on the child a few days before on a very small spot for allergies) then add a few drops food coloring to the desired color. Mix well. Your

## Bath Time Fun

child can then enjoy painting their toes, legs and belly. I would discourage using it in the face area. These paints are very easy to clean up.

### Sing Songs Together

Kids love to sing and to be sung to. Bath time songs like rubber ducky and Splish splash I was taking a bath are great bath time songs. When my children were very young we played this little piggy as I washed each toe.

### My Dolly Too

Little ones like to do as their parents do. Bringing a doll into the tub for them to wash is often great fun. Show them how to shampoo and rinse the dolls hair. My daughters all loved to wash their dolls hair as I washed theirs. They were so preoccupied they did not even care that theirs was being washed!

### Gone Fishing

Wash well with soap and hot water the Styrofoam plates your meats come in. Once you have about four cut some fish shapes from them. Your child can use the big one cup measuring cup to capture his fish!!! See how fast your little fisherman or fisher girl is at catching their fish! If the fish are different colors you can play fish store and request your special fish and watch them chase it around the tub. This one makes for lots of giggles.

### Loops

I save my margarine tub covers and cut out the centers. My shampoo bottles make great posts to play ring toss with. My only caution is making sure when you cut out the centers there are no sharp edges. My older kids love to play this in the tub together.

### Sponge Animals

Cut animal shapes from new sponges, frogs alligators sharks and fish are all popular bath choices but really the choices are endless you could even make a fleet of trucks for your little boy! Fabric puff paint would be great to lightly decorate one side of the sponge. Once it is dry they are great bath time companions. They float as well as stick to the tub walls.

### Bath Time Safety Tips

Never never leave a baby or toddler in the tub alone for any reason.

Use a good quality bath mat to help prevent slips and falls.

Run the water first test it and make sure it is not too hot or cold.

Never allow your child to run the hot tap.

Though bubble bath is great fun it can cause irritation to genitals make it a very rare treat if at all.

Make sure razors are put away out of reach.

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Jennifer & Gregory Gove

Jennifer is a full time stay at home mother living in Maine. She owns and operates a parenting site called Simply Moms. To read more articles...and use features such as message forums, chat, baby name finder and more....visit us at

### **Making Bath Time Fun And Safe For Your Baby**

**By Sarah Veda**

As your baby grows larger, that little tiny counter top bathtub will become a thing of the past. But, putting a baby into a big bathtub can be frightening for both of you. Here are some ideas to make bath time fun and safe for you and your little one.

Take a bath together Your baby will love having you play and splash with her, especially if she is a little afraid of the big bathtub. This works best when baby is old enough to sit up on her own, so you don't have to hold her the entire time.

Buy a bath ring Bath rings are great for babies who can't sit unsupported just yet, because they keep the baby from slipping down into the water

Try an inflatable bathtub Inflatable tubs fit snugly down inside your bath tub. They are soft, with big puffy sides that help keep baby upright. Plus, these tubs make the large tub seem a little smaller and less overwhelming to the baby. I found this to be a great way to transition my children into the big tub.

Buy lots of bath toys If your child is a little fearful of the tub, the best way to deal with the fear is to take his mind off it. There are loads of toys for the bath, from a plain old rubber ducky, to battery operated fish that swim around, to paints designed for writing right on the walls. Find the right combination of bath toys, and only let him play with them in the bath, and you should be able to turn bath time into the favorite time of day.

Color the water There are some great bath time products that can color your bath water. Children are delighted to be able to pick the color of the bath. It's a great way to teach colors, too!

A couple of final words about bath time – be sure you are using children's bath products. The last thing you want is a child who is already fearful of the bath getting soap or shampoo in his eyes. Plus, adult products can be drying and cause skin irritation. And, never leave baby unattended in the bath, not even for a second. The bath can be loads of fun for your child, but only if it's safe, too.

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Sarah is a 41 year old wife and mother of two boys and one girl. She spent many years as a manager in the corporate world, and gave it up to be a stay at home mom. Go to

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