



HOMESCHOOL ACTIVITIES

Splish-Splash Babies 1,2



WATER COMFORT (ANY AGE)

To maintain your child's involvement, sing the song "this is the way we wash" while in the bathtub. Take your "rain bucket or cup and pour water over each of your child's key body parts. Working from their toes up to their head; toes, belly, hands, shoulders, ears, and head. When you are ready to wash the "hair" pause for a moment and use the cue "Name- 1.2.3" and then slowly pour the water starting from the back of the child's head and moving towards the face.

BREATH CONTROL (ANY AGE)

An additional step, you can add, to the water comfort skill and activity, "This Is The Way We Wash," would be, at the end of the song, as you are washing their hair- Increase the time the water is on their face. Over a 2-3 week period, slowly, until your child can be under the stream calmly, for 5 seconds or more.

BREATH EXCHANGE (START AT 6-8 MONTHS)

Fill a wide-brimmed bowl with water, help your child put their lips in or near the surface of the water and blow bubbles or "raspberries." It is important to be sure, your child can lift their head-up when tired.

BACK FLOAT (ANY AGE)

Fill the bathtub or small kiddie pool with enough water to fully submerge your child's ears. Assist your child in lying on their back in the tub with his/her ears fully submerged. If the water does not fully cover their ears, the motion of the water entering and exiting the ears may be uncomfortable for some children.

Choose the same song to sing each time you float that has a good tune to follow along with. Encourage your child to stay floating the entire time you are singing the song. Soon, as you practice, your child will that they can-stop floating at the end of the tune. This will take time but in the long run, will help students stay relaxed. Suggestions- "Ring Around The Rosi," "Pop Goes The Weasel," "ABC's. "

If a song does not work after 4-5 days of practice you can also try a mirror or toy that the child likes to hold to help keep them calm. Be sure to sing the same song even if you use a mirror or toy.

CLIMBING OUT OF THE POOL (START AT 12 -15 MONTHS)

Teach your child how to use different parts of their body to pull-up and climb up. Find a couch and assist your child in crawling onto the couch by lifting and placing each part of the body on to the seat of the couch. Saying the name of the body part that is moving.

Place one arm and then the other on the couch saying "elbow," "elbow." Then lightly lift and place the child's tummy on the couch saying belly. Let the child stay in this position for a few seconds. Next, bend and lift each knee, one at a time, onto the lip of the couch while you say, "knee," "knee." At this point, your child may pull themselves the rest of the way up. If not, move back to the arms and help them pull forward and upward to stretch the body out, part by part, each time emphasizing each part of the body.

KICKING (ANY AGE)

The goal is to teach small children that we want them to move their legs up and down when they hear the words "kick kick." If practicing in the bathtub, use the cue "kick kick," and then help your child kick floating toys away or make splashes by moving their legs up and down. After a few assisted kicks, see if they will respond to your prompt on their own.

On any flat surface like the ground, couch, or bed, children can practice the same kicking motion. To make this more fun, you can place a hand towel or blanket over their legs. This can be fun for the child to lift up with their feet. You can also get them to kick up towards your hands or towards a ball held above the legs.

