

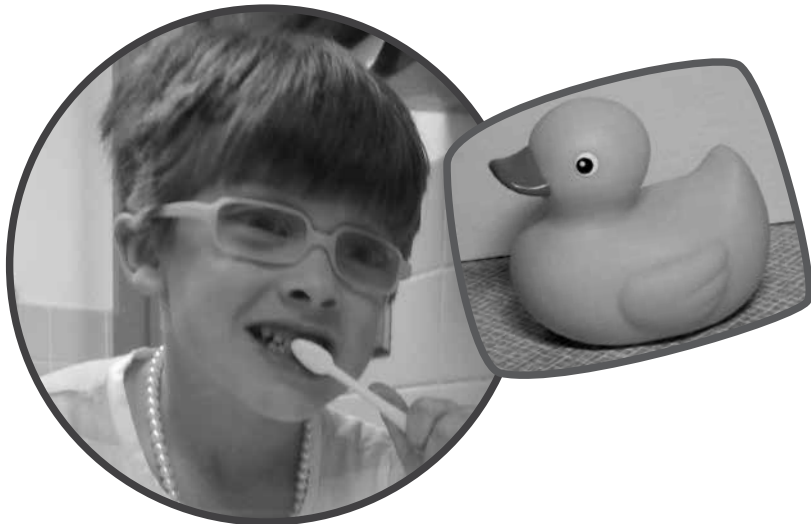
Families are
Children's
First
Teachers

Routines like bath time can be wonderful times to talk with your child and build an even stronger relationship.

Bath time can be a relaxing time that helps your child settle down before bedtime.

Family members know that bath time is an important and necessary part of raising children. **You can make bath time for babies and toddlers a time to talk in the language of your family about things you did that day. You can point to eyes, ears, nose and toes, laugh and giggle together, and relax and unwind as the day is ending.** Talking with your baby during everyday routines like bath time increases the words he understands and will be able to speak. A child who knows more words will learn to read more easily. So, talk and sing as you get your baby clean!

Preschoolers are more independent but still need you to be near as they take a bath. **Talk about your day together in the language of your family. Make plans for tomorrow. Ask questions. Do water play – use measuring cups, pour water into the cups or through a kitchen strainer, talk about floating and sinking.** You'll be helping your child learn more words and scientific concepts. **And keep the tone calm and relaxing so your child can wind down as he prepares for bed.** Children who enter kindergarten with the ability to calm themselves do much better at school.



Download the **"Families are Children's First Teachers"** materials and related documents at www.newmexicokids.org under the *Caregivers & Educators* tab.

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When Giving Your Child a Bath

Learning Opportunities Include:

- Adjusting emotional responses
- Communicating with others
- Developing secure relationships
- Using eye-hand coordination in dressing and undressing
- Developing independence