

Water play for babies

Water play is such a fun and easy activity to do with your little ones and without even realising it is helping them to learn and develop new skills. It will develop their motor skills and their hand eye coordination when objects are added to they play. You can introduce new language to your baby by simply saying what you see them doing, explaining what you are doing and introducing them to new words in the process. It's an activity that will engage their senses for sure! Water play can also be a very calming activity to, especially when it's bath time before bed.

This activity sheet is here to give you a few ideas on how you could extend water play for your little ones!

You don't need a lot of water so using a shallow bowl or tray will work.



You could also use -

Tuft tray
Baby bath
Washing up bowl
Shallow tray
Highchair tray if baby is big enough to sit up on their own.
Paddling pool

You could add -

Bubble bath
Food colouring
Scents/oils
Sponges
Kitchen utensils
Balls
Plastic bottles
Cups/jugs
Spray bottles



How do you extend water play? Here are some ideas...

Sometimes just having water on it's own is great but sometimes it's nice to mix it up and try new things. It's good for babies development to introduce new objects and ways of playing, this is when water play can be so versatile.

You can add bubble bath or maybe introduce coloured or scented water. For example you could use food colouring or add vanilla or lavender scents to engage their senses.

You could add kitchen utensils such as spoons and whisks to develop their motor skills.

When baby is playing in the water why not introduce songs like 'row your boat' or 'once I caught a fish alive.'

Water is so versatile, you can splash, spray, drip, pour and drizzle the water and this will introduce your baby to new textures and ways to play with water too.

Please make sure that your child is supervised at ALL times when playing with water. Never leave them unattended.