

Celebrate

NATIONAL BATHTUB PARTY DAY

and be reminded of Water Safety along the way!

Splish-Splash, enjoy your bath!

Create some good clean fun with Hubbard Family Swim School's Splish-Splash Party Kit, a free toolkit for creating the bubbliest bathtub or shower party around. Useful for National Bathtub Party Day or anytime families need inspiration for making bath and shower time more fun, the Splish-Splash Party Kit contains bathtub art projects, bath-time activities, educational games, clever uses of household items to double as bath toys and of course safety reminders and tips for acclimating a child to water! Bath-time fun is all in the attitude!

Splish-Splash – enjoy your bath! Hubbard Family Swim School encourages families to use the ideas found in the party kit to create a bathtub bash on National Bathtub Party Day and on a regular basis.

TIP: Get them comfortable!

If your child isn't used to water, there are many things you can do (particularly with your infant) at home to get them comfortable in water. For starters, join in on the fun by showering or bathing with your child. Ease into the process by pouring small amounts of water over their head and their shoulders. Once the child is a little more comfortable, assist them in floating on their back in the tub.

TIP: Fill up the tub! Use the plastic drain covers available at the bath stores to cover your drain so that you can get an extra couple inches of water in your tub. The deeper the tub water, the more the child's body floats and they will learn to relax and move more slowly in the tub. Watch them carefully but let them have the opportunity to experience some freedom of movement in the bathtub. If they slip under, be right there to teach them to get themselves back up by putting their hands down on the bottom of the tub.

TIP: Keep 'em clean! Clean your tub squirts and toys by putting a little bleach in a bucket of water and squirting & rinsing them every week. This prevents the tub toys from gathering scum or mold.

Getting Started

A fun party means a safe party, so remember to never leave your child unattended (this includes leaving them with an older sibling) and make sure to complete this checklist before you get your party started!

Get supplies first

Collect everything you need, such as soap, towel, diaper, clothing, toys, and any other items you plan on using before you even run the bath water. If it's necessary that you answer the phone during your party, bring the phone into the bathroom too. Place these items where you can reach them easily.

Water temperature

To reduce the risk of scalding, set your home's water heater to a maximum of 120 degrees Fahrenheit. A good test: You should be able to hold your hand comfortably under the tap even when the hot water alone is running.

Faucet covers

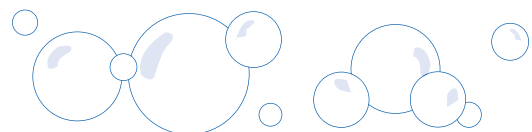
Placing a soft, insulated cover over the bathtub faucet is a prudent safeguard against accidental bumps. They are available at many baby supply stores.

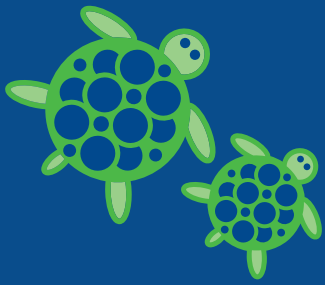
Slips and Falls

Prevent bathtub slips and falls by placing a rubber mat in the tub or affixing non-slip adhesive decals or strips to the bottom of the tub. Keep a non-slip bathroom rug by the side of the tub for your child.

Electrical hazards

Keep electrical devices (including hair dryers, curling irons, and electric razors) well away from the tub.





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Making bath-time fun

To make sudsing-up less of a chore, try shampoos, conditioners, and soap made especially for kids. They come in bright colors and yummy scents like strawberry and watermelon. You can even find soap in the shape of Crayons or animals or those with small toys hidden inside.

Use shampoo to sculpt your child's hair into different 'dos from silly pigtails to a crazy Mohawk. Keep a shower mirror handy so your child can see how funny they look!

As a creative way of rinsing your child's hair, use a small sand shovel or ice-cream scoop to dump the water on their head. You can also use a sand bucket or a plastic container and drill holes in the bottom to create your own hand held shower.

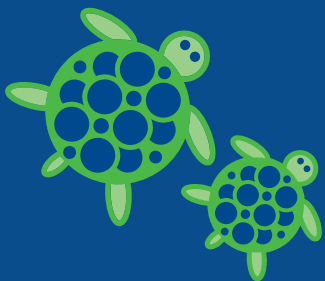
To keep bath time more entertaining and to help teach your child how to bathe themselves, have them wash their waterproof doll or toy while you are bathing them.



Bath-time Supplies

There are a wealth of toys, games, and bath products that can enhance your child's bath time. Many of these items you probably already have lying around the house. If you don't have them, you can either make them for very little money or purchase at a reasonable price. Here's a list of some ideas to get you started, but remember there's no limit to your imagination!

- **Foam letters, numbers and shapes**
- **Bath books**
- **Bath crayons**
- **Body paint**
- **Fun shaped soaps**
- **Bubble bath**
- **Soap bubbles**
- **Shaving cream**
- **Bath mirror**
- **Wind-up bath toys**
- **Plastic boats**
- **Swim goggles**
- **Rubber ducky**
- **Plastic toys such as farm animals, dinosaurs, cars/trucks, and dolls**
- **Plastic Dishes**
- **Beach pail**
- **Watering can**
- **Squirt gun**
- **Water balloons**
- **Paint brushes**
- **Washcloth puppets**



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Splish-splash Party Time

Using some of the suggested supplies, here are some ideas for turning boring bath time (or shower time) into a Splish Splash Party!

To the Rescue

Drop some plastic toys into the tub to see which ones sink or float. Using goggles “dive” under the water to rescue the toys that sink. Create a game by guessing beforehand which toys will sink or float.

Noah’s Ark

Drop a bunch of plastic animals into the tub. Send a toy boat (or a shallow plastic container) on a rescue mission to save the animals from a watering-can downpour.

Bath-time at the Zoo

Using the same assortment of plastic animals, pretend it’s bath-time at the zoo. Scrub-a-dub-dub the animals into they are squeaky clean.

Across the Bay

Using a shallow plastic container or boat, transport a fleet of cars and trucks across the bathtub bay

Swimming Lessons

Let your child be the teacher! On the side of the tub, line up an assortment of plastic animals and dolls for a swimming and diving lesson. Practice jumping, flipping and swimming under water, with a final competition for the best “swimmers.”

Off to the Races

Have windup toys or plastic boats race to the finish line. Create small waves or use a squirt gun to help the racers along. Make it a contest by guessing which toy will cross the finish line first.

Bubble Sculptures

Fill a tub with sudsy bubbles and make sculptures, mountains and fun shapes in the foam. You can even make goofy hats, a long beard, or silly hairstyles with the bubble suds.

Shaving Cream Art

Squirt shaving cream on the inside of the bathtub walls and use your fingers or paint brushes to create a work of art.

Cooking up Fun

Using dishes from the kitchen or a playhouse set, cook up some good clean fun using dishes, such as pots, bowls, a measuring cup and a spoon. Bubbles make the recipes much more exciting!

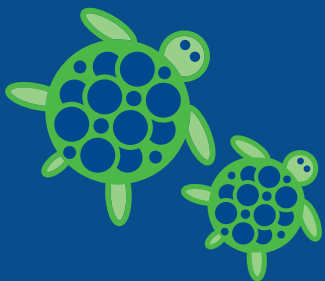
Puppet Show

Stage a puppet show with hand puppets that do double duty as washcloths. These washcloth puppets are available at children’s stores, or you can even make your own from a pattern. Try www.sewing.org for ideas.

Seal Show

Invite your child to play seal with this seal-like entrance - slide slowly over the side of the tub and lay face down in the water. This may send a small tidal wave over the side but, oh well, it’s splish splash time!





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Splish-Splash Bath-time Crafts

If you are feeling crafty, and you want to try your hand at some homemade bath-time activities, here are some easy ideas to get your creative juices flowing.

ABCs and 123s

Supplies: Craft foam, scissors

To make learning fun, use craft foam to cut out letters and numbers. Drop the letters or numbers in the tub and pull them out one-by-one as you practice your ABCs and 123s. As you take them out of the water, stick them to the shower wall and then sing them out loud when you're done!

Ice Age Freeze

Supplies: Small plastic toy, empty and clean milk carton, water, your freezer

Kids will love this game of watching a toy slowly melt out of a block of ice. Begin by cutting the top off an empty, clean milk carton. Put a small toy inside and fill the milk carton with water just enough to cover the toy. Place the milk carton in the freezer until the water is frozen solid. Just before bath time, peel the milk carton away from the ice block and put the frozen treasure in the tub. Play a guessing game to figure out what is inside as you anxiously wait for the treasure inside.

Make it Rain

Supplies: Empty, clean yogurt container or small butter dish, sharp knife or scissors

Using a knife or scissors, poke several holes in the bottom of an empty, clean yogurt container or butter dish. While in the tub, have your child fill the container with bath water to make it "rain."

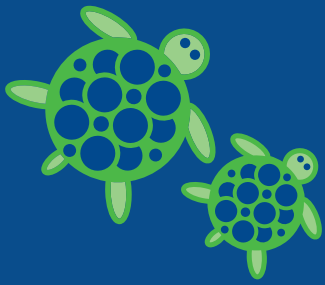


Go Fish

Supplies: Fishing net found at pet supply store, colorful craft foam, scissors, sea life patterns (www.familyfungo.com)

An inexpensive aquarium net lets toddlers, who can't yet handle even a kid-size rod and reel, keep all the fish they can reel in. As an added bonus, the colorful craft foam floats and sticks to the tub wall when wet.

Use scissors to cut a dozen or more sea creatures from several colors of craft foam. Drop the animals into the tub and scoop them up with the net. To make the game more challenging, pick just one color or fish them out by animal name alphabetically. When you're done fishing, stick the animals to the wall and play games or tell fishy tales.



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Tub Tunes

Bath-time is always a party when music is involved. Sing a popular bath-time tune or put a tub twist on a familiar song. Many of these songs can be found on iTunes or similar services to download for your party.

Sesame Street: Rubber Ducky

Rubber Ducky, you're the one,
You make bath-time lots of fun,
Rubber Ducky, I'm awfully fond of you;

(woh woh, bee doh!)

Rubber Ducky, joy of joys,
When I squeeze you, you make noise!
Rubber Ducky, you're my very best friend, it's true!

(doo doo doo doooo, doo doo)

Every day when I
Make my way to the tubby
I find a little fella who's
Cute and yellow and chubby

(rub-a-dub-a-dubby!)

Rubber Ducky, you're so fine
And I'm lucky that you're mine
Rubber ducky, I'm awfully fond of you.

(repeat chorus)

Rubber Ducky, you're so fine
And I'm lucky that you're mine
Rubber ducky, I'm awfully fond of -
Rubber ducky, I'd like a whole pond of -
Rubber ducky I'm of -
Rubber ducky I'm awfully fond of you!

Splish Splash by Bobby Darin

Splish Splash, I was takin' a bath
Long about a Saturday night, yeah
Rub-a-dub, just relaxin' in the tub
Thinkin' everything was alright

Well, I stepped out the tub, put my feet on the floor,
I wrapped the towel around me
And I opened the door, and then
Splish, Splash! I jumped back in the bath
Well how was I to know there was a party going on

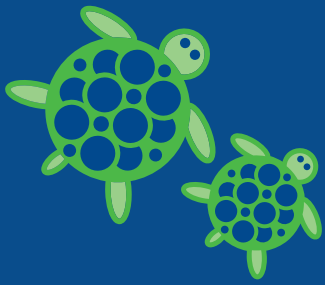
They was a-splishin' and a-splashin',
Reelin' with the feelin', moving and a-groovin',
Rockin' and a-rollin', yeah!

Bing bang, I saw the whole gang
Dancing on my living room rug, yeah!
Flip flop, they was doing the bop
All the teens had the dancin' bug

There was lollipop with-a Peggy Sue
Good Golly, Miss Molly was-a even there, too!
A-well-a, Splish Splash, I forgot about the bath
I went and put my dancin' shoes on, yeah...

I was a rollin' and a strollin', reelin' with the feelin',
Movin' and a groovin', splishin' and a splashin', yeah!

Yes, I was a-splishin' and a splashin'
I was a-rollin' and a-strollin'
Yeah, I was a-movin' and a-groovin'...wool!
We was a-reelin' with the feelin'..ha!
We was a-rollin' and a-strollin'
Movin' with the groovin'
Splish splash, yeah!



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More Tub Tunes

Six Little Ducks

Six little ducks, that I once knew
Short ones, skinny ones, fair ones, too
But the one little duck, with the feather in his back
He led the others with a quack, quack, quack

Quack, quack, quack,
Quack, quack, quack
He led the others with a quack, quack, quack.

Down to the river they would go
Wibble wobble, Wibble wobble,
To and fro
But the one little duck, with the feather in his back
He led the others with a quack, quack, quack

Quack, quack, quack,
Quack, quack, quack
He led the others with a quack, quack, quack.

Hokey Pokey (bathtub version)

You put your hands in, you put your hands out, you put
your hands in and you paddle them all about.
You do the hokey pokey and you turn yourself around.
That's what it's all about.
You put your feet in, you put your feet out, you put your
feet in and you kick them all about.
You do the hokey pokey and you turn yourself around.
That's what it's all about.
You put your face in, you put your face out, you put your
face in and you blow big bubbles all about.
You do the hokey pokey and you turn yourself around.
That's what it's all about.

This is the Way (bathtub version)

This is the way we kick our legs,
kick our legs, kick our legs
This is the way we kick our legs all day long

This is the way we splash our hands,
splash our hands, splash our hands
This is the way we splash our hands all day long

This is the way we pull our arms,
pull our arms, pull our arms
This is the way we pull our arms all day long

This is the way we wash our face,
wash our face, wash our face
This is the way we wash our face all day long

This is the way we blow big bubbles, blow big bubbles,
blow big bubbles
This is the way we blow big bubbles all day long

