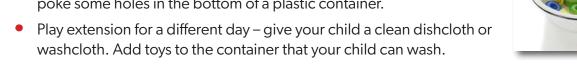# Waterworks

Many young children can sit in a bathtub for quite a while and play. Often bath time comes as part of a nightly routine. Parents and children may be tired from the long day, so playtime in the water may get rushed. The great news is that water play doesn't need to be limited to bath time. There are lots of simple and easy ways to facilitate play activities with water. These activities help your child learn to pour and dump, learn what floats and doesn't, and builds skills for adult life such as washing dishes and painting.

Water, Water, Everywhere:

- Place a couple of towels down on the floor to help soak up any water that accidentally gets poured out of the container. Put water in a plastic container, dishpan, roasting pan, or cooking pot. Give your child measuring cups, empty small plastic containers, or spoons. For a bonus, poke some holes in the bottom of a plastic container.

- Play extension for a different day – give your child a clean dishcloth or washcloth. Add toys to the container that your child can wash.

Paint with Water:

- This is a great outside activity. Give your child a cup of water and paintbrush. Let your child "paint" the sidewalk, porch, or other outdoor items.

Squirting Water:

- Another fun outdoor activity. Fill an empty squeeze bottle (ketchup or salad dressing bottle) with water. Give it to your child. Allow your child to paint the sidewalk.

Let's Go Fishing:

- Gather some medium size building blocks. Place a couple of towels down on the floor to help soak up water that accidentally gets poured out of the container. Put water in a plastic container, dishpan, roasting pan, or cooking pot. Add the building blocks. Give your child a plastic serving spoon or ladle. Show your child how to "fish" for the objects.

References: Fritz, Anne. Highlights. 2017, June 23). *What Babies Learn from Water Play.* https://www.highlights. com/parents/articles/boost-your-babys-smarts-with-water-play; Lerner, Claire and Parlakian, Rebecca. Zero-to-Three (2016, February 17), *Play Activities for 12 to 24 Months* https://www.zerotothree.org/resources/167-play-activities-for-12-to-24-months