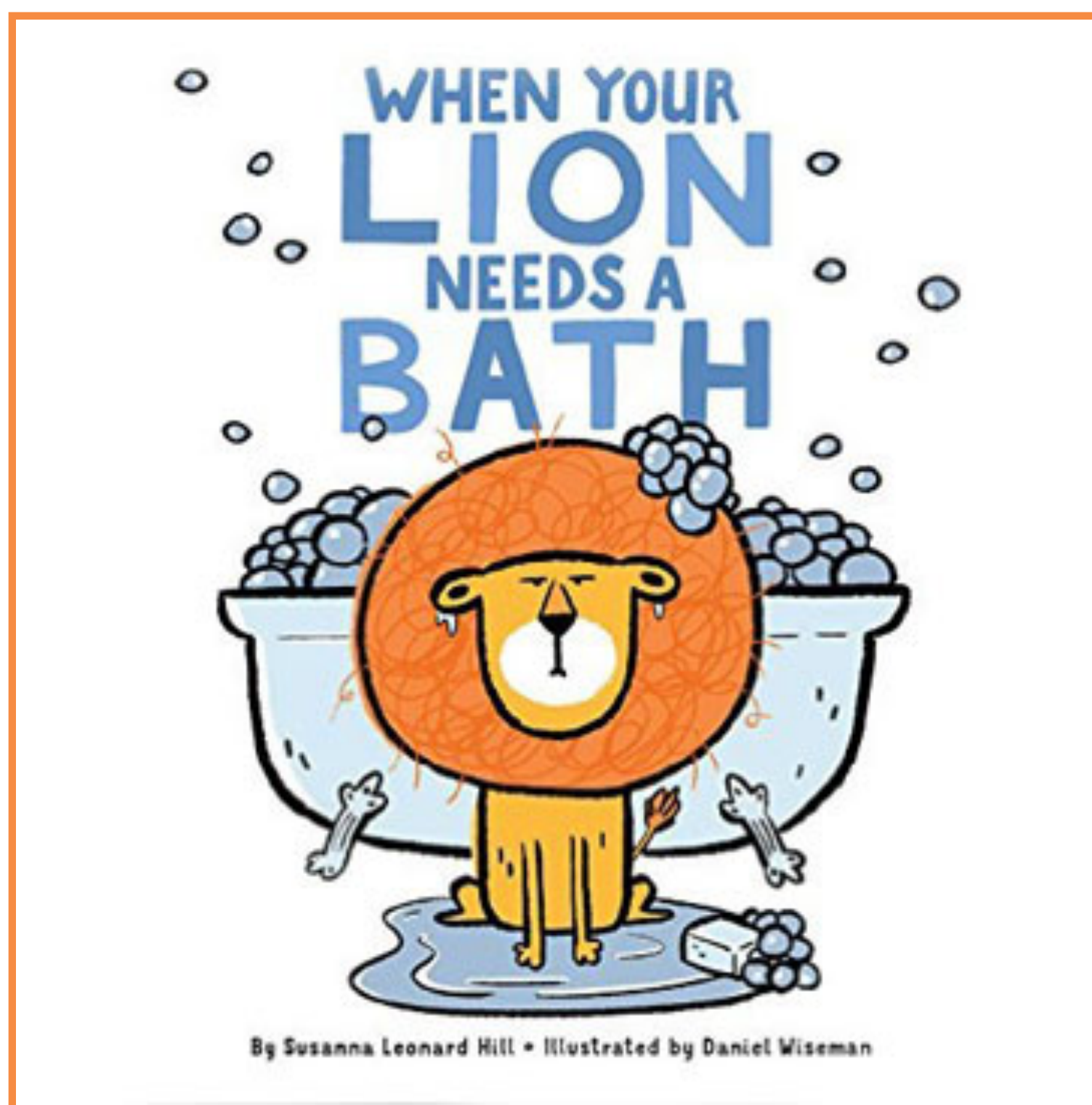


When Your Lion Needs A Bath

An Activity Guide



How to Use This Guide: This activity guide for *When Your Lion Needs a Bath* is designed for parents and caretakers of infants, toddlers, preschool, and kindergarten children. It is assumed that the parents and caretakers will adapt each activity to fit the needs and abilities of their own children.

About the Author



Hello!

As an author and the mother of five, it will come as no surprise that the **When Your...** series was written from personal experience. Like many of you, I have one who won't bathe, one who hates haircuts (okay, more than one!) and no one likes getting the sniffles or going to bed! Surely, there is a way to get our little ones to see reason and cooperate!

With the **When Your...** series, my goal is to help put some fun into experiences that little ones sometimes find objectionable while simultaneously demonstrating strategies that parents and caregivers can use.

How can I encourage my child to cooperate when we need to do something s/he doesn't like?

Children have very little control over daily events and routines. Giving them a choice of two options, either of which you will be happy with, allows them a small measure of empowerment.

For example: Would you like to take your bath before dinner, or after dinner?

Make it fun. Nothing makes a bath more appealing than bubbles, toys, or bath crayons. A sick day can be brightened with games and stories. Bedtime is story time and snuggle time.

Children often have fears which may seem irrational to adults. But children do not have the experience or perspective to understand things adults take for granted. Getting their hair cut, or wondering what might be in the darkness under the bed can be truly frightening. Giving your child the opportunity to "practice" something that scares her/him by trying it out on a stuffed animal, or by working up to it in small stages may help him/her conquer those fears.

For example:

Show – using a doll or stuffed animal, show your child each step of whatever experience or situation s/he is worried about. Then let your child practice it on the doll.

Talk – describe what you're doing as you're doing it so your child is prepared and understands.

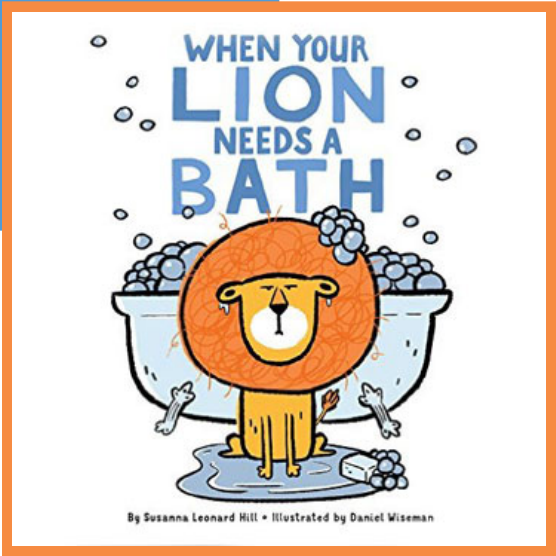
Sing – make up silly songs or rhymes about things your child doesn't like or is afraid of so they feel more fun and less threatening.

Discuss and share – feelings. It's okay to worry. It's okay to dislike an activity or situation. Discuss what might be done to make it better.

Most importantly, your love, support, and understanding will help them over those rough spots until they're able to navigate on their own.

Susanna Leonard Hill, Author
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Infant (0-1 Year)



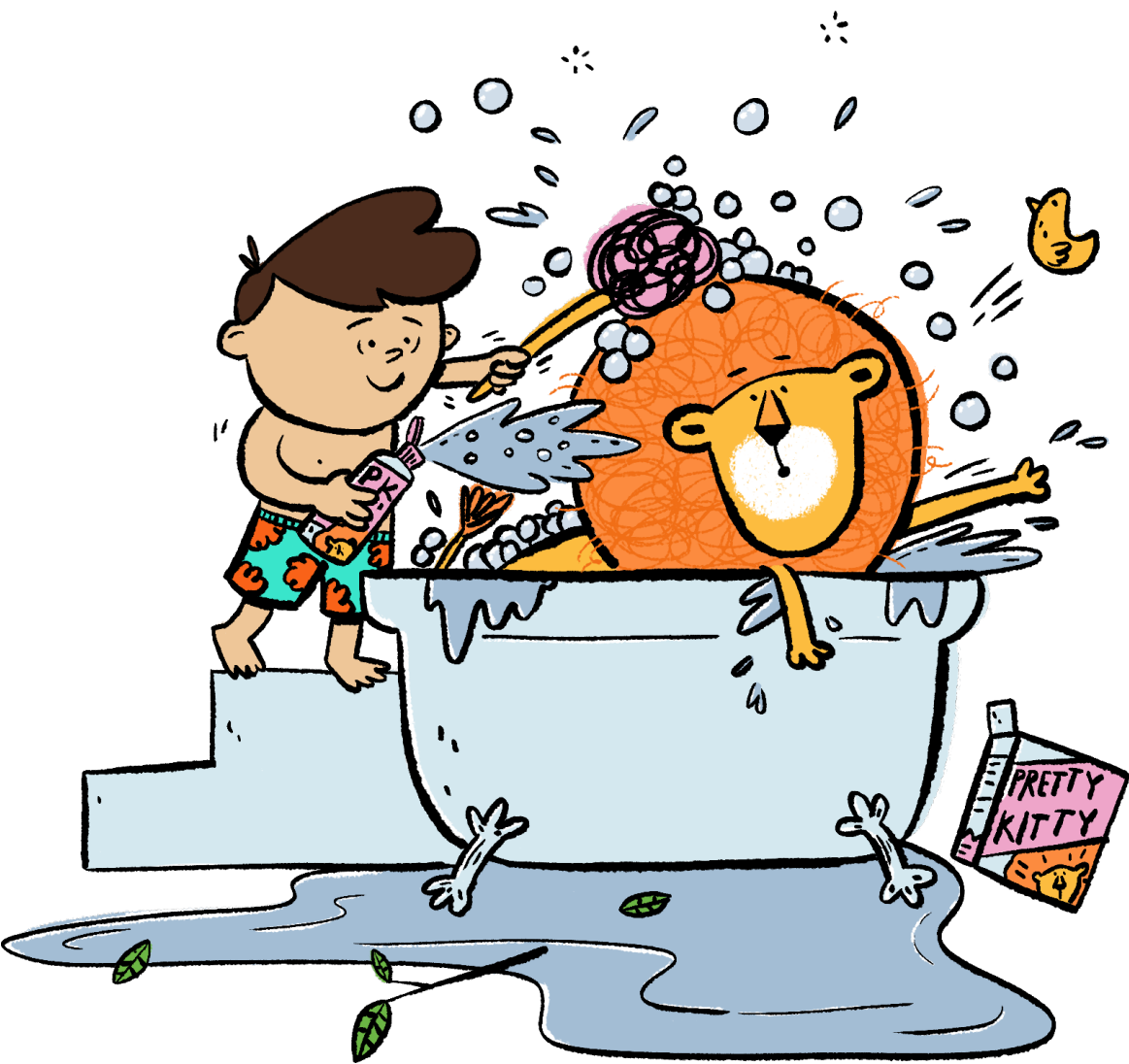
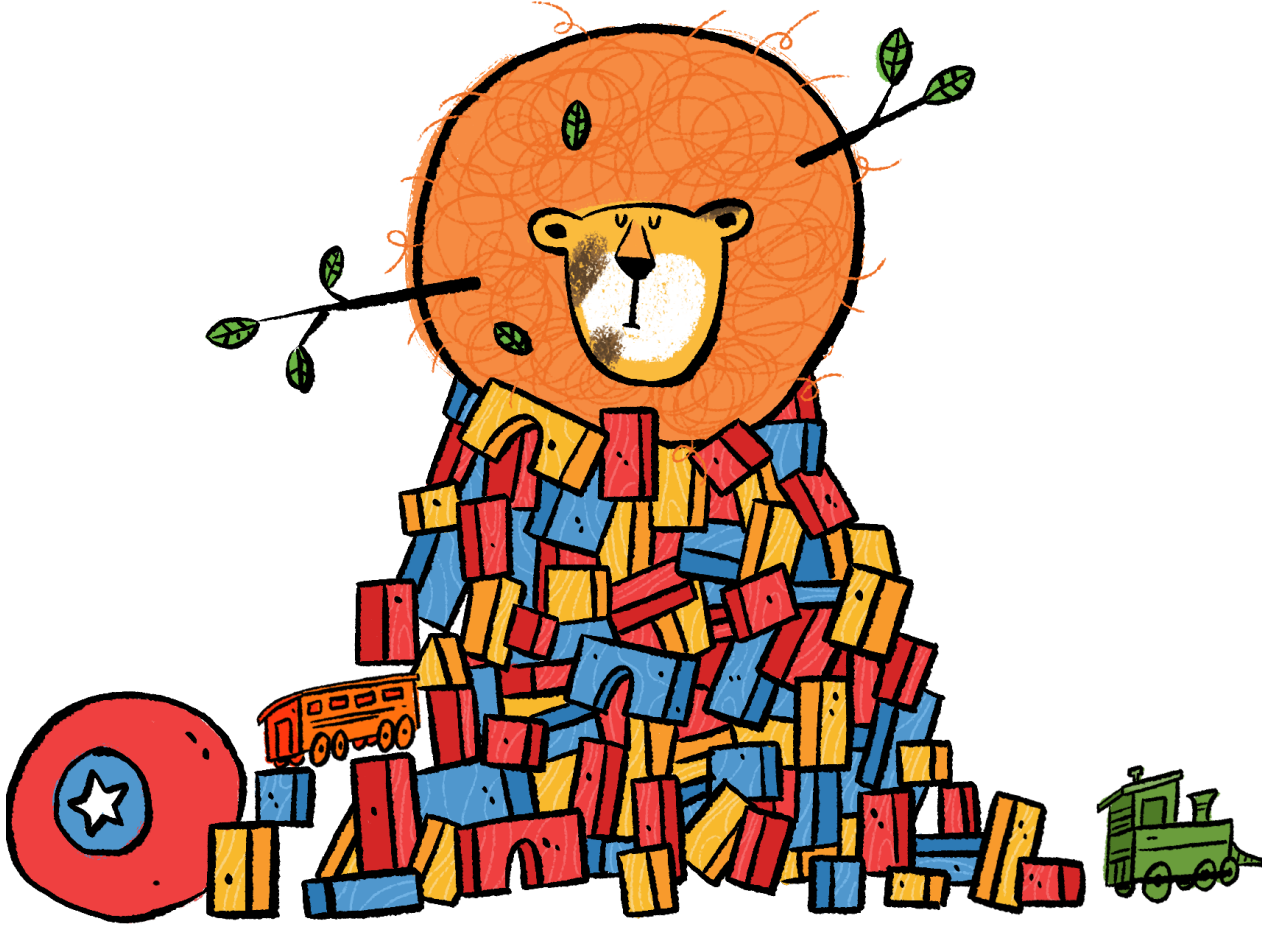
Infants love to hear your voice, and it's never too early to begin reading together! At this stage, a book is less about the story and more about the tone of your voice, the rhythm of your speech and the visual stimulation of the pictures.

What Do We See?

Point to the illustrations on each page as you read, naming the objects and colors.

For example:

<u>Animals</u>	<u>Shapes</u>	<u>Colors</u>	<u>Objects</u>
Lion	Circle	Green	Sticks
Mouse	Square	Blue	Swim Goggles
Dog	Triangle	Orange	Bubbles
Duck	Rectangle	Yellow	Blocks
		Red	Yarn



Scrub-a-Dub-Dub: A Bath Time Rhyme

As you say this rhyme with your baby, identify and pantomime washing the different parts of the body.

Scrub-a-dub-dub,
Give your lion a scrub
With soap and water
In a nice clean tub.

Scrub-a-dub-dub,
Give his legs a scrub
With soap and water
In a nice clean tub.

Other verses can include other parts of the body, such as mane/hair, face, arms, etc.



Bath Time Early Math Skills

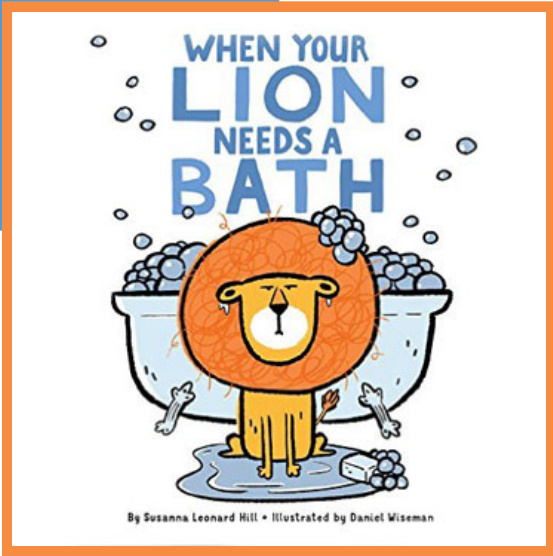
A favorite bath time activity for babies is filling and pouring water into cups. It's fascinating to them.

This simple action can help your child gain fundamental skills, including dexterity, hand-eye coordination, cause and effect, and even early math as they explore water volume and learn numerical terms, such as more, less, empty and full!

Provide baby with a variety of small plastic cups to experiment with and they'll be scooping and pouring in no time.



Toddler (1-2 Years)



Many toddlers are ready to take a more active role in story time. They can repeat words, count along with you, and begin to identify shapes and colors.

Reading Comprehension

As you read, ask, “Where is the...?” Your toddler can respond by pointing to the correct illustration.

Animals

Lion
Mouse
Dog
Duck

Shapes

Circle
Square
Triangle
Rectangle

Colors

Green
Blue
Orange
Yellow
Red

Objects

Sticks
Swim Goggles
Bubbles
Blocks
Yarn



Practice more shape and color recognition. Say, “I spy something _____” The blank can be filled with any color or shape on the page. The child can then guess what you spy.



Count the Bubbles

Everyone loves playing with bubbles.

Make your own bubble solution out of dish soap and water. (1/2 cup of dish soap mixed with 3 cups of water).

Blow some bubbles that you can count together. Try to count them before they pop!

If your child is older and has mastered the 1-10, you can extend this simple numbers by counting higher or backwards.

Act It Out!

Every time you read the following “command” words, your child can perform the action.

Command

Lion
You(r)
Tub/Bath

Action

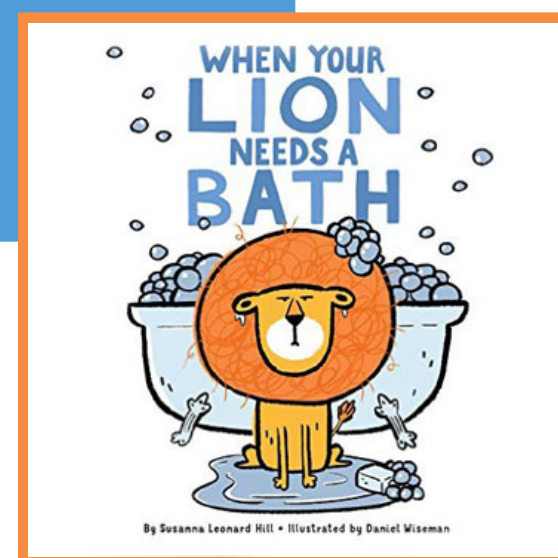
“Roar!”
Point to themselves
Wave arms up and down and say “splish splash!”

Paper Plate Lion Mask

Decorate a paper plate with markers or crayons to create a lion face. Glue yarn all around the edge for a mane. Tape a tongue depressor or craft stick to the back for a handle. Use wiggly eyes or cut out large eyes to look through (like a mask). Use a large black pompom for the nose and strips of paper for the whiskers. Then, practice “Roaring” while playing with the mask (and avoiding a bath)!



Preschool/Kindergarten (3-5 Years)



Reading Comprehension

Ask questions throughout the exploration of the book. Encourage your preschooler to help tell the story.

- “The lion needs a bath. Why does the lion need a bath? Do you like baths? What do you like about baths? What don’t you like about baths?”
- “The lion doesn’t want to take a bath. Why don’t you think the lion wants to take a bath? What are some ways the child tries to get the lion into the bath? What finally works?”

A Picture Walk

After reading *When Your Lion Needs a Bath*, encourage children to re-read the book using the pictures as clues.

Look at the cover and assist your child in describing what they see in the picture. For example, “in this picture, I see a very dirty lion.”

Now, open to the first page of the story and help your child describe what is happening on this page. Encourage speaking in full sentences and giving as many details as possible, referring to the characters, the setting, and the story events. Continue in this manner, through the rest of the book.



Water-Reaction Bathtub Science Experiment

Challenge your child to a bathtub (or water table) science guessing game.

Gather a few items that fall into two categories: things that aren’t changed by water (think whisks, plastic cups, an apple, bath-friendly plastic toys, etc.) and things that are changed by water (dry sponges that will grow, fabric that gets darker, ice cubes that will dissolve, etc.).

For each object, ask your child if they think it will change or stay the same, then have fun exploring what happens when things get wet! Additionally, try predicting what items will sink and what items will float.

Why We Need a Bath

One very important reason to take a bath or shower is to wash away germs that can make us sick.

Germs are a lot like glitter in that they get on everything we touch or that touches us. That’s why it’s so important to wash ourselves at the end of a day or a time we’ve been very active or gotten dirty.

To demonstrate this, rub a small amount of petroleum jelly on your hands. Then sprinkle hands with a bit of glitter. Next, shake hands with one another, and touch pieces of paper or other objects that can get a little bit glittery. (Caution...this can get MESSY!) Once children have experienced how easy it is to spread germs (by touching other objects) instruct them to wash their hands thoroughly to remove all glitter.

Rub all surfaces of the hands using soap and clean running water to make a lather. Rub hands for at least 20 seconds. A good tip is to sing through “Happy Birthday” once before rinsing.

