

Bath Time Battles



Does your child battle you at bath time?

Does your child fight to have their hair washed or water on the face?

Over the many years that I have worked with parents and swimmers, I have found that swimming lessons takes care of the **Bath Time Battles**.

When we conquer the swimming pool we conquer the tub.



Here are a few tips that we hope will help your Bath Time Battles:

- ✦ Make Bath Time a big deal; make it fun not a chore.
- ✦ Get water adjusted by taking it outside to a plastic play pool, playing with hoses, watering the garden, and washing the car (Splash Fun Time).
- ✦ Get a favorite toy that can only be played with in the tub.
- ✦ Get fun shape sponges for body and hair.
- ✦ Teach: Wipe and Blow, Pinch my Nose and the Water Goes Away.
- ✦ The hand becomes the towel, Blinking Eyes, Peak a Boo and other favorite games can be played in the tub **before** the soap/shampoo comes out.
- ✦ Put stars, orbits and fun stuff on the ceiling over the tub to get the child to lie down and look up at the stars: sing: Twinkle, Twinkle. Just have enough water up to the ears and then graduate the depth of the water as the child gets more comfortable. This will be most helpful when we go to the backfloat in swimming lessons. (This is the most important skill to teach- resting on back: breathing)



Why and how does Bath Time Battles happen?

Children experience many things and they remember. It could have been soap/shampoo in the eyes that burned, water splashed in their face and it scared them, choking/swallowing water, a texture thing, something someone said or did and the list can go on and on. The best way to nip it in the bud is to **NOT** get into the rescue habit. Do **NOT** run for the towel, use the hand. Try **NOT** to shield the child. Play outside with hoses-water the plants, play pools, pool toys, slip and slides.

Don't stay in a bad habit.



Be firm but fair.

Get your child into swimming lessons, let us help you, but most important help your child while also learning **Life Long Learned Skills**.

These to will pass, pass into fun times in the tub, swimming pool, beaches and great vacation days together.



Conquerer Bath Time Battles with Swimming Lessons at Aqua Fit

Aqua~Fit your Children Today!!!!!!