



DAY AT HOME ADVENTURE – TINIES

Bath Time – When you are one, Rainbow Songs

Props – soft cloth / material (like velvet) / scarf, rubber duck (if doing online session, washing up bowl / bucket), foil blanket, star lights

Learning Outcomes:

- Massaging baby with something soft heightens the sensation, and sends signals to baby's brain, enabling them to recognise that you are touching something that belongs to them
- Touching baby in this way is a brilliant baby bonding exercise
- Star lights will reflect on foil, capturing baby's attention
- Baby will like playing with duck
- Foil blanket offers great sensory experience - it crinkles, reflects and moves

Activity:

- Baby on floor in front of you, lying down or sitting up facing
- We're going to give our babies a gentle massage. (If you are doing this at home, you could get baby naked and massage them with a sponge in the bath)
- We really want to see some flesh for this song, so if you can just have baby in a baby grow or nappy that would be great – if that's too difficult during the session, do it next time
- If you have a baby who can sit up, you could do this with baby sitting in the bath, or in a washing up bowl / bucket
- Song goes through different areas of baby's body and we're going to give baby a gentle massage on each of them as we run through the song while baby plays with the rubber duck.
- Chorus repeats, so when we're singing it, gently help baby to "splash" by moving their arms up and down, or clap and "rattle" the foil blanket
- When song slows down, make a cocoon with the foil blanket and baby inside and shine the light inside for baby to see
- At the end, pick baby up and give them a cuddle. A great song to fit into your bath time / bedtime routine, as it will teach baby that following a bath they get cuddles and bed.



Words to song:

(Start off with a gentle clap)

Bath time, bath time, it's time to take a bath

Bath time, bath time, it's time to take a bath

- First we fill the tub, when it's time to take a bath First we fill the tub, because it's time to take a bath
- Then we throw a ducky in when it's time to take a bath Then we throw a ducky in when it's time to take a bath
- Can you scrub and dub your face, scrub and dub your face Scrub and dub your face because it's time to take a bath
- Can you scrub and dub your feet, scrub and dub your feet Scrub and dub your feet because it's time to take a bath
- Can you scrub and dub your belly, scrub and dub your belly Scrub and dub your belly because it's time to take a bath
- Can you scrub and dub your back, scrub and dub your back Scrub and dub your back because it's time to take a bath

Fold foil blanket over baby and turn on light

Now we're all clean, and looking like a prune

Mummy says it's time to go to bed very soon

Bedtime, bedtime it's time to go to bed

Bedtime, bedtime it's time to go to bed

Gooooooooodnight

Pick baby up for a cuddle at end