

10 Ways to Play with Water



Nothing is more refreshing than cooling off in a pool of water on a hot summer day. While very young children might not be jumping in the swimming pool quite yet, the concepts of water, bathing, and water play for infants and toddlers with visual impairments can still be introduced in a fun, accessible way. Here are some ideas to help you cool off this summer with a “splish, splash” of water.

1. Explore water in different ways outside the bathtub or sink. Pour some room temperature water on a tray and allow your child to touch or splash the water with their hands or feet. Add water toys or [waterproof glowing cubes](#) to encourage more tactile play.
2. Make a water sensory bin. Fill a small tub with water and position your child in front of you or on your lap so she can look at the bin and reach the water with hands or feet. Experiment with other water sensory bins filled with brightly colored sponges in different shapes, toy fish, things that float and sink, or measuring cups. Add interesting water “toys” you already

have in your home! Stir, scoop, and pour with spoons, cups, bowls, and strainers. Try squeezing bottles, sponges, or even a turkey baster.

3. Paint the sidewalk. Bring a bowl of water and a small paint brush outside or to the park. Dip the brush in the bowl and let your child try painting the sidewalk, driveway, or other surfaces. Paint rollers and sponges are fun to paint with, too!
4. It's raining. Fill a small spray bottle with water and "sprinkle" your child's hands or feet with water. Spray other body parts when your child is comfortable with the feeling of sprinkles. Let your child practice spraying water with the bottle too – this is a great way to strengthen little hands.
5. Popsicle painting will keep you cool on hot summer days. Mix a few drops of food coloring with water, pour the liquid into ice cube trays, insert a popsicle stick, and freeze to make popsicle painters.
6. Read some books together about bath time. Some favorites include DK's Bathtime Peekaboo! (which you can order in braille/print), Sandra Boynton's Bath Time!, and Clifford's Bathtime by Norman Bridwell. [HERE](#) is a book with a surprise – the colors appear when the pages get wet!
7. Sing a song about getting wet, such as "It's raining, it's pouring." To the tune of "Are You Sleeping/Frere Jacques," try "Tops and bottoms, Tops and bottoms/In between, in between/Wash your hands all over/Wash your hands all over/Now we're clean, now we're clean."
8. When it's raining, go outside and feel the rain on your face or splash in a puddle.
9. What is wet INSIDE your home? Are the dishes in your sink wet? Is the dog's nose wet? Why do we wash our hands or brush our teeth?
10. Call your EI-TVI from **A Shared Vision** for more refreshing ideas!