

BATHERS

Bath kit extension activity guide



Updated August 2025.

More steps

Everybody learns at different rates. Once your child has mastered the guide, there are a few additional activities.

1. Bubbles!

The purpose of this activity is to learn the correct action for blowing air out the mouth and understand the cause and effect associated with this air and the water. For ages 3 and up, they can practice blowing air directly into the bath. But for water safety reasons, we don't want 2-year-olds and younger to learn to blow bubbles in the bath. This is because in the unfortunate case that they were to fall in, we would want them to look for air rather than blow bubbles. Ideally if they were to fall in, they would instead make a balloon face and not let any water go into their nose or mouth.

Stage 2

Use air from long straw to move floating toy across water surface.

Stage 3

Use air from short straw to move floating toy across water surface.

Stage 4

Use scissors to cut the straws even shorter!

2. Amuse!

This step has no additional stages. Just make sure they are happy!

3. Tapping!

The purpose of this activity is to strengthen arm muscles, as it is quite difficult to push the ball under the water. It also allows them to adjust to the water in a fun way, develop co-ordination, and get them to splash themselves. Our littlest ones may not be able to hold ball, so tapping it underwater is enough.

Stage 2

Tap the ball underwater using both hands.

Stage 3

Push the ball down with two hands.

Stage 4

Pull the ball down underwater, before releasing for a splash!

4. Hair!

After no more flinching, sprinkle the water over their head in a circular motion for two seconds. Then three.

Remember only some will be fine with water straight over their face. If not, continue by pouring over the back of the head and ears instead. Once you reach 4 seconds of pouring over their head, you can try pouring using the regular cup. Continue building from 4 seconds with the regular cup up to eight seconds. Being able to comfortably respond to water over their face for 8 seconds will mean that they will be very well prepared and will have a head start to their swimming lessons in the future.

Stage 2

Rain cup water over ears and back of head.

Stage 3

Rain cup water over head progressively from 2 to 4 seconds.

Stage 4

Regular cup water over head progressively from 4 to 8 seconds.

Stage 5

Tip water over their own head!

5. Relax!

The purpose of this activity is for them to adjust to having water in their ears. They may find this uncomfortable at first, particularly if they are a bit older (1.5 years up). Some children experience middle ear infection or 'recurrent otitis media'. If your child experiences symptoms such as ear pain, hearing difficulty, fever, or difficulty sleeping, seek medical advice.

No additional steps required here.

6. Swim!