



Fun time bath time

WHILE bath-time translates to fun and relaxation for us adults, it is often quite the opposite for babies. Bathing them is more of a parenting ritual than a regime for cleaning. They scream and cry just as we dip them onto the tub causing, if not anybody else, but their mothers to panic. If you're a first time mum, you need to know that there may be a few simple reasons for this.

Babies cry during bath time often because of the uncomfortable temperature of the water (either it's too hot, or too cold) or because your baby is afraid of being alone in the water. There is not one but many interesting theories suggesting taking a bath with your baby to make sure they're at ease in the water.

The direct skin contact with your child will allow you to share a deeper bond and in the process calm your baby while they take a bathe in the tub.

What else to try out during bath time? Nafisa Ahmed, mother of a 9 month old baby believes that playing music videos actually gets her baby girl happy and excited during bath time. Try singing your child's favourite rhymes - if that doesn't work, make up something that will.

Babies respond to rhythm and this might distract them from the unwillingness of bathing. Teach them to clap and splash on the water. Don't be afraid to get wet along with the little one. Let your child play with all the items you use for bathing your baby (except for the soap) - wash towels, loofahs, shampoo bottles, etc. Once your baby is familiar with these items, it is most likely that they will not resist from using them.

The best thing that works is releasing the bath time toys onto the tub. Plastic air balls,

rubber toys (ducks, and other water creatures), plastic alphabets that your baby can play with while in the tub will add to great bath time fun.

Narrate stories while your baby engages themselves. This will make them more imaginative. You can make weekend bath time more fun for your baby by getting other family members (especially their siblings) to participate - you can wash the children, while your spouse may dry.

While fun is good, do keep a few things in mind while drawing your baby's bath: always check the water temperature before placing your baby on to the tub; use mild soaps and shampoos; there's no need to give babies daily baths during winter. Alternate between sponge baths and proper baths; make bathing short and sweet and keep bathroom doors and windows closed while bathing your baby; avoid extreme changes in temperature right after your baby's bath.

We hope this helps. Remember that it is only a matter of time that you gain full confidence of bathing your baby in the way they enjoy. Bath time is a great way to bond with your baby. Release your stress and look forward to splashy fun time.

By Shifat Ara
Model: Tavishee Tarannum
Photo: Sazzad Ibne Sayed



Ahoy! Bathing time...

HERE'S to a fun time with your baby during baths. Little ones find it no trouble when making a mess, be it when you are feeding them their morning meal, or when they are playing with their play dough or visiting the park; they manage to make a fine mess out of thin air it seems. Soil under their fingers, cookie crumbs in the folds of their hands -- the list, I fear, is endless. The trouble, however, arises when you try to give them a bath henceforth cleaning up the mess they made. From newborn babies to toddlers, they all manage to put up a fearsome battle in the face of an upcoming bath.

Bath-time does not always have to end or start in tears. Why not make it fun for the kids and a stress free time for you? Allocate this time for some merry making with the kids by adding in some fun bath toys so that they can be engrossed in the rubber duck mummy leading her ducklings in the tub while you shampoo their hair.

Rubber ducks come in small packs costing around Tk.230-250 and are available in stores such as Kids & Moms located at Banani and New Market. Along with that there are toy rattles in various shapes, sizes and colours, some very innovative ones where the rattle toy has a turtle or crab at one end and a 'teether' on the other end and they usually come in packets containing quite a few of them together. Prices vary from as low as Tk. 200 going up to Tk. 530-550. Other fun bath toys include small rubber balls and stacker toys, both of which are available in Kids & Moms and Mother's Care both at Banani 11.

Apart from these, you can also include building blocks as a part of the bathing experience or add in sticky alphabet characters turning bath time into a fun learning experience as well. You can also add in bubbles

allowing the kids to play with them, creating a fun ambience or incorporate your children's favourite toy characters such as action figures of Spiderman, G I Joe and so on.

Almost all the toys mentioned above can be found in New Market, at Kids & Moms and Mother's Care. For newborn babies there are also available bathers, which are small portable bathing seats where your baby can relax while getting their baths. Prices start around Tk. 1000. Shopping for your children can be fun and next time you are out doing so, it does not have to be restricted to simply buying clothes or food; this time it's bathing time!

By Abida Rahman Chowdhury

