Water

Most babies have a natural love of water. You can nurture a child’s trust of water by creating experiences that feel safe and enjoyable.

Ideas & Tips

- Play with a washcloth during baby’s bath. Gently trickle water over the forehead and face to get your baby used to running water.
- Visit a waterfront park like Point Defiance or Wapato Park. Throw rocks in the water and watch birds and other wildlife, talking to baby about what you see.
- Visit a local museum and spend time at their water tables. The Children’s Museum of Tacoma has “pay as you will” admission, playtacoma.org/water

More Books

- Leo Can Swim by Anna McQuinn
- Splash! by Nick Acklund
- Maisy Goes Swimming by Lucy Cousins
- Who Can Swim? by Sebastien Braun

Rock-a-bye-Baby

Rock-a-bye baby in your small boat
Rock-a-bye baby in your small boat,
(Cradle your baby in your arms and glide them gently through the water from side to side)
When the wind blows, your small boat will rock.
When the wind falls, your small boat will float,
Safely to shore, baby and all.