

Bubbles and Babies

Bubbles can be a great source of fun and fascination for babies, and can help with their cognitive, physical, and vocabulary development.

Activities:

At a baby storytime or family event, have babies sit on a parent's lap. Give the parents a bottle of bubbles with a small wand (or use homemade bubble mixture and a chenille stem wand). Have them softly blow the bubbles in front of their babies, with a gentle caution to watch that bubbles don't get in their babies' eyes.

At home, parents can extend baby bubble time by playing with bubbles in the bathtub and filling a baby pool with soapy water.

No Tears Bubbles Recipe:

1/4 cup no-tears baby shampoo

3/4 cup water

3 tablespoons light corn syrup

Development:

- Watching bubbles rise, move, fall, and pop help babies practice tracking objects with their eyes.
- Watching bubble movement helps babies learn about their environment; objects that are so lightweight float and act much differently than heavy objects, and bubbles pop! Watching bubbles for a period of time helps babies recognize patterns.
- Blowing bubbles as a family can help bonding between family members and babies.
- Babies may try to reach for and touch the bubbles, helping to develop motor skills and eye-hand coordination.
- Bubbles excite a curiosity in babies that makes them eager to investigate their world with their senses (sight and touch in this case, and sound if parents blow gently near their ears).
- Bubbles help babies develop an awareness of shape, form, and texture.

Vocabulary Builder:

When watching bubbles with babies, use words like round, clear, float, sink, smooth, fast, slow, high, low, light, gentle, big, and small. These descriptive words teach vocabulary in a fun way, and some of the words, like light and clear, are used in a bit different context with bubbles than in other situations.

