



Early Years
Wales
Blynyddoedd
Cynnar Cymru

Why not try a homemade bubble mixture?

Method:

Makes: 350ml

Prep time: 5 minutes

50ml washing up liquid (one part)

300ml water (six parts)

1. Measure the washing up liquid into a container
2. Slowly add in the water, being careful not to create too many bubbles at this stage. Gently stir the mixture together to combine - a chopstick is perfect for this
3. If you can, let the bubble mixture rest before using it, as it will make your bubbles even better
4. When you are ready, dip your bubble wand into the mixture and start blowing bubbles!



Tip:

If you don't have a wand, you can have fun by looking for different items around the house that can be used to make bubbles. Here are some ideas to get you started:

- Paperclips - bend them into wands or use as they are
- Straws
- A colander
- Pipe cleaners
- Fly swatters



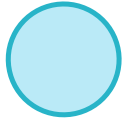
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Not only are bubbles a great source of fun but they are also an excellent way to help your baby/toddler develop their physical and visual skills.



Bubbles are both eye catching and slow moving and are a great way to help your baby learn to use their eyes. Encourage them to reach out with both hands to clap the bubbles, use their index finger to poke them and “squeeze” and grab bubbles with the whole hand before they hit the floor. This helps support their hand and eye co-ordination. Bubbles are wet, slimy and sticky, they feel funny and the physical act of blowing can be a very sensory based way to help babies/toddlers feel calm.



Blowing bubbles is good exercise for little mouths, but it can be hard work so help them out and make it fun!



Cronfa Iach ac Egniol
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