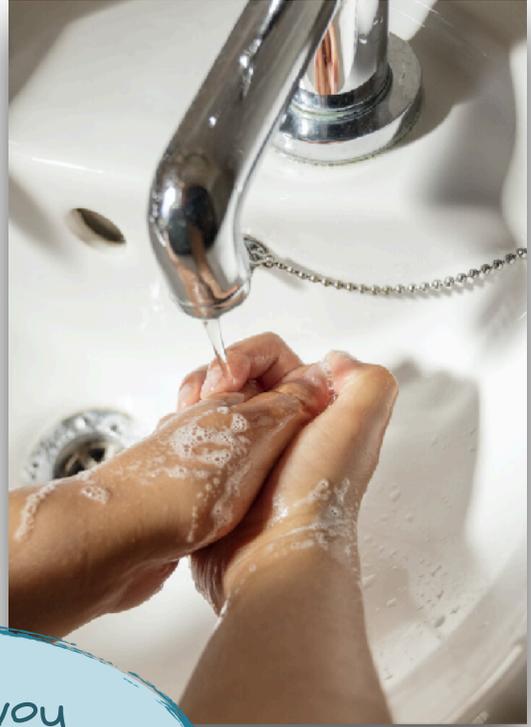


# Family Explore: **WATER?**

*Exploring water with children*



What will you discover when you explore water?



# Helping Children Notice & Explore WATER

Whether stomping in puddles, washing dishes with lots of soap in the kitchen sink, or filling and pouring containers in the bath, many children enjoy water play and exploration.

Take a rainy walk or sit at an open window as it rains. What does your child see or hear or notice? How does the rain water change the way the world looks or smells? Talking about **information gathered through the senses** with your child will help them understand and learn from school experiences such as when a teacher asks them to describe what they notice during instruction.

- *I notice how the rain is making the tree branches hang down? What do you notice?*
- *Can you smell the rain? What does it smell like to you?*
- *I still hear the birds singing. What do you think the birds do in the rain?*

How many different ways can you describe the rain or a rainy day? When children have more words to describe their experiences, they have an easier time understanding people and **communicating with others**.

- *It's drizzling. It's sprinkling. It's pouring! We are soaking wet!*

Research has shown that a bath or warm water play can help children **regulate their emotions**. When your child is experiencing anger or frustration, you can offer a soothing bath or shower as a way to help your child take care of themselves. When your child understands strategies to manage their emotions, they are better able to handle these situations at school (and at home).



Where do you notice water?