

# Dolly Washing and Care

**Activity:** Dolly washing (you can also use any kind of small world animals, dinosaurs, small world people, cars for washing, dolls are just an example)

**Resources needed:** Dolls (safe to be put into water - not electrical) - washing up bowl or tray - washing up liquid or shower gel - clean sponge, bath brush, small bath toys and clean cloth (don't need all - these are just some ideas) - comb or brush for baby's hair (optional) - spare toothbrush (optional) - towel/tea towel (**as stated above you can also use animals, dinosaurs, people, cars etc**)

**What you need to do:** This is a great activity to support your child to engage in by giving them some independence and understanding the importance of personal hygiene and self-care. Support child/children to fill up the bowl or tray with water - get them to add in shower gel/ bubble bath (optional)- they can then undress their chosen dolls and place them into the water - instruct child/children to then get the various sponges, brushes, clothes to wash the baby with - ask children what are will you wash first? - encourage children to talk about the importance of personal hygiene and how bathtime is part of their daily routine - you can talk to children about germs they may have come across during their day that they need to wash them away, what germs can you wash off your baby/dolly? - can you see or smell anything in the water? Ask your child/children if they used a soap or gel with a fragrance, can they smell this? - encourage the child/children to use the comb or brush to use on the baby's head/hair - ask them can they get all the knots out of their baby's hair? - do you think your baby likes you to comb/brush their hair? - The toothbrush can be used to talk to child/children about oral health and the importance of teeth brushing - once the child is satisfied that the baby is clean, they can dry the child with a towel and dress the baby.

**Links to EYFS areas of development:** When doing this activity your child will be working on the following development areas: Expressive art and design, personal, social and emotional development , physical development, communication and language and understanding of the world.

**What your child will get from the activity:** Child/children will learn about personal self-care, good hygiene practice, oral health and daily routines - learning about germs and how we can wash these off properly - sensory play with the water and the bubbles - gaining independence from looking after something (the baby - by undressing, bathing and drying and re-dressing) - developing vocabulary by talking to children about what they are doing and why - life skills and problem solving skills from washing and caring for their dolly/baby

