

Bubbles

Playing with bubbles is great fun and can help your child:

- Develop their visual attention skills and hand-eye coordination
- Learn to follow a moving object with their eyes
- Practise turn taking
- Develop fine motor skills (eg reaching in different directions, poking and pointing)
- Build up the muscles around the mouth.



Bubble mixtures

There are many bubble mixtures available in toy stores and supermarkets. An undiluted, thick, good quality liquid detergent can also be used.

If you would like to make your own bubble mixture, try:

- $\frac{1}{4}$ cup glycerine (available from the supermarket or chemist)
- $1 \frac{1}{2}$ cups of water
- $\frac{1}{2}$ cup of liquid detergent (use a good quality detergent)
- Mix ingredients together and allow mixture to settle overnight.

Bubble blowers

You can use:

- Pipe cleaners twisted to form a ring and a handle
- Bubble wands
- Bubble horns or pipes
- Bubble machines.

Dip the bubble blower into the bubble mixture and blow gently.

Play ideas

You and your child can:

- Take it in turns to blow the bubbles. Encourage your child to wait and watch you blow the bubbles. Try, “Ready, set, go’ before you blow.
- Watch the bubbles float.
- Catch bubbles gently in your hands.
- Use the bubble ring to ‘catch’ the bubble.
- Pop bubbles with your fingers.
- Stomp bubbles on the ground with your foot.
- Try to spray the bubbles with water using a toy water pistol or spray bottle.



Safety considerations

Always supervise your child when they are using bubbles to ensure their safety. Bubble mixture can irritate the eyes. Swallowing the mixture may cause a stomach upset.