

# Pointers For Parents

## Bathtime and Bedtime Rituals: Tips For A Successful Routine

(NAPSA)—Smudged faces, dirt under the fingernails, sticky hands, wind-blown hair and sweaty, even smelly feet—all in a day's work for millions of kids. And at the end of a long day, it is the parents' job to ensure that clean children get to bed. While it usually is not difficult to get children into the tub for bathtime, it can be a challenge to have them emerge clean.

Now children will have as much fun getting clean as they do getting dirty using Crayola Personal Care Products for Kids. This complete line of personal care products is a one-of-a-kind line that ensures 3-to-7-year-olds and older are clean from head to toe.

Crayola Personal Care Products for Kids offers a comprehensive line of affordable, high-quality bath and body products and accessories created especially for boys and girls. The products include an innovative 3-in-1 shampoo that deep cleans, conditions and detangles; additional shampoos, conditioners and detanglers; foaming hand soap; cosmic shower gel; and mildly formulated bubble bath, along with an assortment of bath accessories. The products come in a variety of flavors, colors and bottle shapes resembling crayons with fragrances named after actual Crayola crayon colors.

The necessity of bathtime is an important part of the day for many children and their parents. It offers quality time for parent and child with the adult supervising the child's play and assisting with the wash-up regimen. Bath-time gives parents and children the opportunity for uninterrupted conversations and discussions.

Experts recognize the importance of establishing and maintaining bathtime and bedtime routines. "Kids really do need time to unwind at the end of the day and bathtime gives them a chance for



**New bathtime products can help make personal hygiene a lot more fun for children.**

creative imaginary play and quality time with Mom or Dad," according to Kate Barcia, pediatrician and mother of three small children. "Kids who go to bed clean also tend to wake up feeling good about themselves."

Here are some tips to help ensure bathtime success:

- Maximize the quality of your child's bathtime by being fully prepared to avoid any possible dangers or unnecessary interruptions that may detract from bath-time rituals.

- Warm the bathroom, if needed, and gather towels, washcloths, clothing and all bathing products including a few toys and accessories for maximum bathtime fun.

- Check the bath water to make certain the temperature is warm but not hot since kids feel hot and cold more intensely than adults.

- If your child whines when called for bathtime, ignore it because in no time the child will hop into the tub and enjoy the water and fun items you have gathered. Kid-sized bath mitts and minimeshes such as those made by

Crayola Personal Care Products for Kids help make clean up fabulously fun.

- Remember never to leave a small child unattended in a bathtub and keep all electrical appliances away from water.

- Treat your child to a fragrant and bubbly bath. Crayola Personal Care Products for Kids' formulation is mild and is allergy- and dermatologically tested.

- Make up your own bath-time silly songs with your child while he or she is in the tub or have a sing-a-long with songs from the book, *I'm Still Here in the Bathtub*, Brand New Silly Dilly Songs by Alan Katz.

- Tell your child stories about your own childhood bath and bedtime memories. Kids generally love to envision what it was like when their parents were children.

- As your child grows, let him or her help wash. Bath time is a great way to actually teach children about personal hygiene while they practice washing their hair and bodies with supervision. Help them gently if they happen to "miss a spot."