

Bubbles

Warm weather means it is a great time to explore the outdoors. Outside play is a wonderful opportunity to try the fun warm weather pastime of blowing bubbles. Preschoolers, toddlers and infants all love to see bubbles magically fly from a bubble wand. Did you know that when you are blowing bubbles you are working on many skills, including:

Physical Development

- **Oral motor skills:** Blowing bubbles develops the small muscles in your child's mouth as they pucker their lips and blow bubbles. Strengthening these muscles is important for developing their ability to form clear sounds when speaking and to eat and swallow safely.
- **Gross motor skills:** Children can reach to pop bubbles and build hand-eye coordination as they reach. Walking toddlers and infants may follow the bubbles on their feet and practice their moving skills.
- **Eye tracking skills:** Younger infants and toddlers learn to follow the bubbles with their eyes. Preschoolers can see how far a bubble will last—add counting to measure how long.

Language & Literacy development: As you talk to your children about bubbles, you expose them to words such as *clear*, *soapy*, *float*, and *pop*.

Math & Science development: When young children touch a bubble, it pops, giving them a chance to explore cognitive concepts such as cause and effect. Do some experimenting by making your own bubble solutions and prediction which will work best.

Social-Emotional Development: Joint attention such as smiling and laughing together builds strong relationships and helps children learn to connect with others and discover shared interests. Who can help but smile as bubbles float by?

Bubble Recipes:

Basic Bubble Solution

Pour 4 cups (950 mL) of warm water into a large jar. You can use another container, such as a bowl or pitcher. It just needs to be big enough to hold a little over 4 cups (950 mL) of liquid. This will give you enough room for the other ingredients.

- You can use less water if you want to. You'll need to adjust the amount of the other ingredients, however.
- The exact temperature of the water does not matter. You can use the warmest water from your tap, although distilled water would be better.

Ingredients

4 cups (950 mL) of warm water

1/2 cup (115 g) of granulated sugar

1/2 cup (120 mL) of liquid dish soap

Super Bubble Solution

Add 1/2 cup (115 g) of granulated sugar, then stir until it dissolves. How long you do this for will depend on how warm the water is. It shouldn't take more than 2 or 3 minutes.[2]

- If you're using a jar, then you can just close the jar tightly, then shake it.
- Sugar sounds like an odd ingredient to add to bubble solution, but it will help bind the ingredients together and help them last longer!
- If you don't have any sugar, then you can leave it out. Just be aware that the bubbles won't be as tough.

Ingredients

- 6 cups (1,400 mL) of water
- 1/2 cup (65 g) of cornstarch
- 1/2 cup (120 mL) liquid dish soap
- 1 tablespoon (12.5 g) of baking powder
- 1 tablespoon (15 mL) of glycerin or corn syrup