

Splash! The Wonders of Water

By Heidi and Cory Busse

What is it about summer that draws us to the water? Sure, the weather has something to do with it—hot days beg to be quenched whether by a front-yard sprinkler or an ocean-side beach towel. But the source of the undertow that exists uniquely between Memorial Day and Labor Day seems to go deeper than mere climate.

Water is also a wonderful symbol of Christian life – the waters of baptism welcome us into the family of Christ and we recall this water every time we dip our fingers into the holy water at Mass on Sunday.

Below are some ways for your family to jump in and explore the wonders of water this summer:

- Make it the kids' job to water the flowers (and/or veggies) this summer. Even the littlest toddler can help "carry" the watering can and while you are watering, talk about how everything that is alive needs water to grow.
- Have a water balloon battle! Fill up several water balloons from the garden hose (so the water is cold) and splash each other with the balloons. (Safety reminder: No aiming for the face.)
- If you live in a single-family home with a yard, set up the sprinkler and water the grass while letting the kids cool off.
- On a rainy day, pull out a map of the world (or a globe) and talk about how much of the earth is water. (An amazing 70.8% of the world's surface is water and only 29.2% is land!)
- Make home-made ice pops. Mix your favorite flavor of Kool Aid and pour into an ice cube tray. Once slightly frozen, add popsicle sticks for handles, or just freeze to have Kool Aid flavored ice cubes.
- Fill up a bucket with water and watch your child mix in rocks, dirt, grass anything for "soup."
- If you live near a lake or river, taking your kids fishing or boating is a great way to experience water. If you don't have a boat (or a fishing pole for that matter) throw rocks into the water.
- Talk to your kids about how important water is. Ask them about what they've learned in school about the water cycle, conservation and ways to make sure everyone has access to clean drinking water.

Tips to Keep Kids Safe Around Water

- 1) Never leave a small child unattended in the bathtub.
- 2) Never leave a child of any age unattended in a swimming pool.
- 3) Always wear a lifejacket when boating or fishing