

AquaBabies

PARENT and CHILD CLASSES

Aqua Babies 1 – 3months > 18months

Aqua Babies 2 – 18months > 2years



GUIDELINES FOR PARENTS:

- All Babies must wear a water proof swim nappy under their swim costume. If it is only a pants-type costume, then baby should wear a singlet.
- Specially made swim nappies can be purchased from Reception, please note these are the only type of nappy that is approved to use in our waters. We do not allow the use of disposable nappies.
- Please do not feed baby for at least one hour before their lesson, but if necessary – make it a very light feed.

Here are some suggestions as to some of the things that you can do at home, to help make baby's time in the water more relaxing and enjoyable.

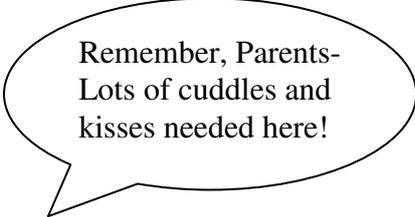
- A shower with Mum or Dad, on a regular basis, gets Baby used to having water splashed on and over their face. It only needs to be very quick at first, and then increase the time and intensity of the water, as baby shows a liking. Make it fun. If you laugh – they laugh.
- Try deeper baths, than normal, with Mum or Dad getting into the bath with baby, if you like. Practice both back and front floating in the home environment.
- Hold Baby in the back float position in the deep bath, and place their feet on the end of the bath with bent knees, and push away, pushing backwards. Make this a game.
- In a shallow bath – lay Baby, on their back, on the base with water up to ear depth, and allow them to kick and play. This helps them get used to the feeling of water in their ears.
- Encourage splashing with hands in the water and swishing water over the face – either in the lying or sitting position.
- Use bowls and/or cups to tip water over the face. Start this as young as possible. Use the cue “1-2-3-go”, and pour water over the face from behind.
- Let Baby play with squirting toys, filled with water. Or use them yourself, to squirt baby, whilst making a fun game.

All these activities help Baby to become happy and confident in a water environment.

Please note:

Please give yourself just enough time to arrive, pay your fees, get baby and yourself ready to get straight into the water. In other words – try not to come too early, where you may be waiting around for too long before your lesson, as baby may become restless.

COMMON QUESTIONS OFTEN ASKED BY PARENTS



Remember, Parents-
Lots of cuddles and
kisses needed here!

How long will it take to teach my baby to back float?

This is a very difficult question to answer, as all babies react at different rates. The best answer is to say that the quicker your baby learns to relax in the water, the quicker back floating can be achieved. The more consistent you are at attending lessons, the quicker this will happen.

Is it harmful for baby to swallow water?

It is not harmful for baby to swallow small amounts of water. But it is very important for you to keep an eye on them, and regularly pick baby up into a vertical hold position, and cuddle and pat on the back. Any excess air and water that may have been swallowed will then be able to escape.

If baby goes under the surface of the water, should I pick him up immediately?

Try not to intervene too quickly. Remember that we are trying to teach baby a water safety skill. If baby does go under the water, **allow no more than 3 seconds** before bringing their face to the surface. Then rotate baby to their front before picking them up and into your arms for a cuddle and burp.

Should I bring baby even if he has a cold?

With this floating technique, it is essential for baby to be able to breath out of both the nose, and mouth. If they have a cold, this then becomes difficult, and this in itself, can make baby stress. On the other hand- children rarely wait till they are fit and healthy before deciding to fall into a pool! So, it can be useful to teach them this water safety skill under all possible conditions. We will leave this decision up to you.

It won't matter if we miss a lesson or two, will it?

A week, in a baby's life is a very long time, if you are expecting them to remember things. They will learn this skill of back floating if you continue to come regularly. Therefore, if you miss your regular lesson for any reason, try to make it up as soon as possible, or plan to do two lessons in the following week.

We have found that babies, who come more than once a week, obviously learn much quicker than those who only attend on a weekly basis.

What if my baby doesn't like the water?

At a very young age, children have no fear of water. Fear is something that they learn! It is therefore important for you to be as relaxed as possible with baby. Make lesson time fun and enjoyable. If you laugh, they will laugh with you. Keep constant eye contact with baby. This is very reassuring.

Don't do any thing too quickly – gradually ease them into any new skill.

Sing their favourite song to them. Some babies relax so much, that they actually fall asleep whilst floating in the water.

We want to teach your baby to live with the water – not to instill fear of the water!

Does swimming cause ear infections?

Swimming does not cause ear infections in small children. If children are susceptible to infection, it is advisable to wear either an ear wrap, or a swimming cap.

Certificates are given as an encouragement for both you and Baby. Don't think that Baby can now do this without me!

Remember that children must always be supervised in and around water.

Accidents can still happen no matter how many water safety skills we teach them.