

# ADULT & CHILD

STAGE I | 6 months - 1 year

## THINGS YOU WILL LEARN

During Stage I of the Adult & Child programme, we will be introducing you and your baby to the swimming pool.



Inverness Leisure, Bught Lane, Inverness, IV3 5SS T: 01463 667500

[www.invernessleisure.co.uk](http://www.invernessleisure.co.uk)



[facebook.com/invernessleisure](https://facebook.com/invernessleisure)



[twitter.com/inverleisure](https://twitter.com/inverleisure)

INVERNESS  
*Leisure*

fun | friendly | family | fitness

## THINGS YOU WILL LEARN

Throughout the six-week course, we will offer you advice and techniques to allow you to develop your child's confidence in the water:

### How to support your baby in the water:

To avoid injuries, simply support the neck and back of your baby and ensure the baby is held comfortably throughout the session. Once your baby becomes content in the water, you can introduce some light splashing.

### How to get your baby used to going underwater:

As your baby becomes more confident in the water, begin introducing and familiarising them with floating. To do this, support the back of your baby and allow them to lie on their back facing upwards. Place your thumbs on your baby's shoulders with your fingertips on their back for full support. Ensure your baby's head is partially submerged in the water and providing your baby is comfortable, gradually lower them under the water for a brief moment. If your baby shows signs of stress and fear, withdraw them from the water and try again.

### How to remove any water fears and worries:

If you are enjoying yourself, so will your baby! Once your baby learns how much fun it is to play and splash in the water, you will find that their fears will soon be washed away!

### How to build your baby's confidence when being splashed:

Hold and support your baby with one hand and drip some water onto your baby's face and head using either your other hand or one of our watering cans. At first, some babies may not like water dripping on their face and may begin to cry. If they become distressed, try and distract him/her and try again next time you are visiting the swimming pool. Talking or singing songs to your baby is also a great distraction and is comforting to them at the same time.

### How to encourage your baby to blow bubbles in the water:

Try and encourage your child to put their mouth in the water and persuade them to blow into the water. Laugh, clap and encourage your child, pointing out the funny bubbles that they are making. Remember, this can take time so it's important that you persevere as blowing bubbles can make a child more comfortable in the water. It also benefits them to learn the beginning of proper breathing techniques in later years for advanced swimming strokes.

---

## THINGS YOU CAN TRY OUT WITH THE COURSE OR AFTER COMPLETING THE COURSE

Here at Inverness Leisure, our Swim Team feel very strongly that a baby cannot learn to swim simply by attending our Stage 1 course alone. For this reason, it is important that you and your child continue to develop the skills you have learned. Here are some ideas how:

### Go to the swimming pool regularly – at least once a week if possible:

Swimming on a regular basis will continue to improve your child's confidence in the water and will retain the techniques they acquired during the Stage 1 programme.

### Allow your baby to play in the toddler pool to gain confidence:

The toddler pool has various water features that sprinkle and pour water in different directions. During your visit, allow time in the toddler pool to let you and your child have fun exploring these features.

### Allow your baby to become familiar with the sounds and surroundings of the pool:

All parents/guardians must ensure that they accompany their children into the water and keep them close by. It is important that parents/guardians are confident and relaxed in the pool – a tense parent/guardian is likely to create worry in the mind of the child.

### Emphasise that swimming is fun – take their favourite bath toy:

Make pool time fun time! Take some of your child's bath toys along with you or bring in some toys that they take especially for swimming. We also have a selection of toys in the toddler pool that your child can play with.

### Move around the pool:

Try and move around the pool using both the toddler pool and the wave pool to familiarise your baby with the surroundings. This will increase your child's confidence in the pool environment.

### Change your child's position – don't overdo it:

Use the methods and support holds you have been taught during the programme. Try changing your child's position to allow them to see the pool in different ways and gain further confidence by being on their front/back.

Our final piece of advice is not to overdo things in the pool, particularly with small babies. Small children don't find it as easy to regulate their body temperatures and can get colder much quicker than an adult. A 30 minute session is adequate for a baby.

**MOST IMPORTANTLY, MAKE YOUR TIME IN THE POOL WITH YOUR CHILD LOTS OF FUN.**

**NEXT LEVEL** Don't forget when your child is aged 1-2 years you can come and enjoy our Stage 2 course. During this course we will be introducing flotation aids to the session while developing water confidence.