



## Homework Hints For Beginner Swimmers

The KEY ingredients for a high degree of water safety awareness and drowning prevention are:

1. Being regular with lessons;
2. Consistency of your program;
3. Repetition of activities;
4. Practice, Practice, Practice!

**Swimming homework is a necessary and easy way to reinforce DAILY some of the key things taught in swimming lessons. Try these at home:**

- Sit your little one in their bath. With a plastic cup, practice pouring water over their shoulders, head and face. Say "[Name] - Ready - GO!" before each turn.
- In a very shallow bath, independently lie your little one on their back in the water (so ears are submerged). Hold toys/mirror above them to distract for as long as possible, encouraging lying on their back in water.
- In a shallow bath, place laminated pictures or a Perspex mirror on the bottom of the bath (BEFORE you put the soap in!) Lie your little one on their tummy and practice "Eyes In" to look at the picture/mirror. As they get better at this, play a game of "Eyes In" for the count of "1, 2, 3" then "1, 2, 3, 4, 5", etc.
- In a deep bath, lie your little one on their back, on top of the water. Hold them, with your hand on their back, your other hand on their chest. 'Swish' them gently in the water. As you practice, extent the time floating on their back.
- In a deep bath, lie your little one on their tummy, flat, on top of the water. Hold them, with your hand on their back, other hand on their chest. Practice submerging, by saying their "Name - Ready - GO" and submerge under the water, from one end to the other end of the bath.



- Give your little ones showers on a regular basis. Make sure they get VERY used to going under the shower water from a very young age.
- Visit a pool outside of lesson times, to practice lesson activities. The more exposure to a supervised pool environment, the faster your child will learn. It is also good to practice in a number of different aquatic environments, to avoid dependency to one pool.

**These activities will make your child more water confident so much faster and will make a HUGE difference at swimming lessons. Practice EVERY DAY!**

**Never leave your infant unattended at bath or shower time. Supervise at ALL TIMES in or near water.**

Try to avoid using aids (goggles, flippers, floaties and back bubbles) that your little one may become dependent on, until they can show a high degree of water awareness.

**If you have further questions, please talk to one of our friendly team!**



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