



Helpful Advice For Parents: Drowning Prevention Program Infant Beginner Swimmers

- **Treat each lesson with URGENCY!** These are life saving skills your child needs to master QUICKLY.
- **Be BOLD with Activities!** If you stay in the 'Comfort Zone', your child will never progress.
- **Let your child GO THE DISTANCE!** Don't 'pick up' your child out of the water too quickly in activities. Let them go and see the results.
- **Don't be afraid to LET GO!** Children will not learn with parents always holding them. Hold your child as lightly as possible. They need to develop their own BUOYANCY and BALANCE in the water.
- **You must have GOALS for your child's water safety program.** WHAT IS YOUR GOAL with YOUR CHILD'S CLASSES? Please speak to your teacher about realistic goals and how to best achieve them.
- **ASK - HOW? WHY? WHAT? HOW** we do the activity correctly? What is the reason WHY we do each activity and know WHAT are you working towards? If you are not sure - PLEASE ASK!
- **A parent's 'HOLD' in activities, can either make an activity EFFECTIVE or TOTALLY INEFFECTIVE!** Make sure YOU and your child are positioned correctly in each activity.
- **Your child will REACT to YOUR REACTIONS!** Be confident and happy. Sing loudly! Look forward to coming to classes. If you are tentative and holding back in class, your child will be too.
- **PRACTICE activities over and over again!** REPETITION and RE-ENFORCING is the only way babies and young children learn. Be REGULAR with classes and DO YOUR HOMEWORK (see our Homework Hints For Beginner Swimmers Fact Sheet).



- **Swallowing water, resisting activities and off periods on occasion are NORMAL!** Remember your goals and persist. If you have concerns, don't just pull out. Speak to your teacher and administration and we will help you find solutions.
- **DON'T STOP LESSONS IN COLDER MONTHS!** Babies and young children's muscle memories are not that long! You will waste money on summer lessons as they WILL FORGET. Re-enforcing activities and constant, regular lessons is KEY for this age bracket.
- **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.
- **We recommend a consistent 2 lessons each week for the best progression for your drowning prevention program;** then your child will develop these life saving skills at 4 times the rate of infants only attending 1 lesson each week. Remember: one 1/2 hour lesson each week only equates to 2 hours swimming each month. This is only 12 hours swimming in six months! As infants do not have a developed muscle memory, **CONSISTENCY** and **REPETITION** are the key to developing these life saving skills.

**IF YOU HAVE FURTHER QUESTIONS,
PLEASE TALK TO ONE OF OUR FRIENDLY TEAM!**



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