

# IDEAS AND HELPFUL HINTS AS YOUR CHILD ENTERS SWIM LESSONS

## START PREPARING YOUR CHILD

Talk to your child about going swimming. If your child is going to be in the preschool class, stress that you will not be in the pool with them. You can also talk about basic pool safety, such as no running and staying with their instructor. You can play basic water games during bath time. The more comfortable your child is with small amounts of water on their face and covering their ears, the calmer they will be in a pool situation.

## ARRIVE EARLY

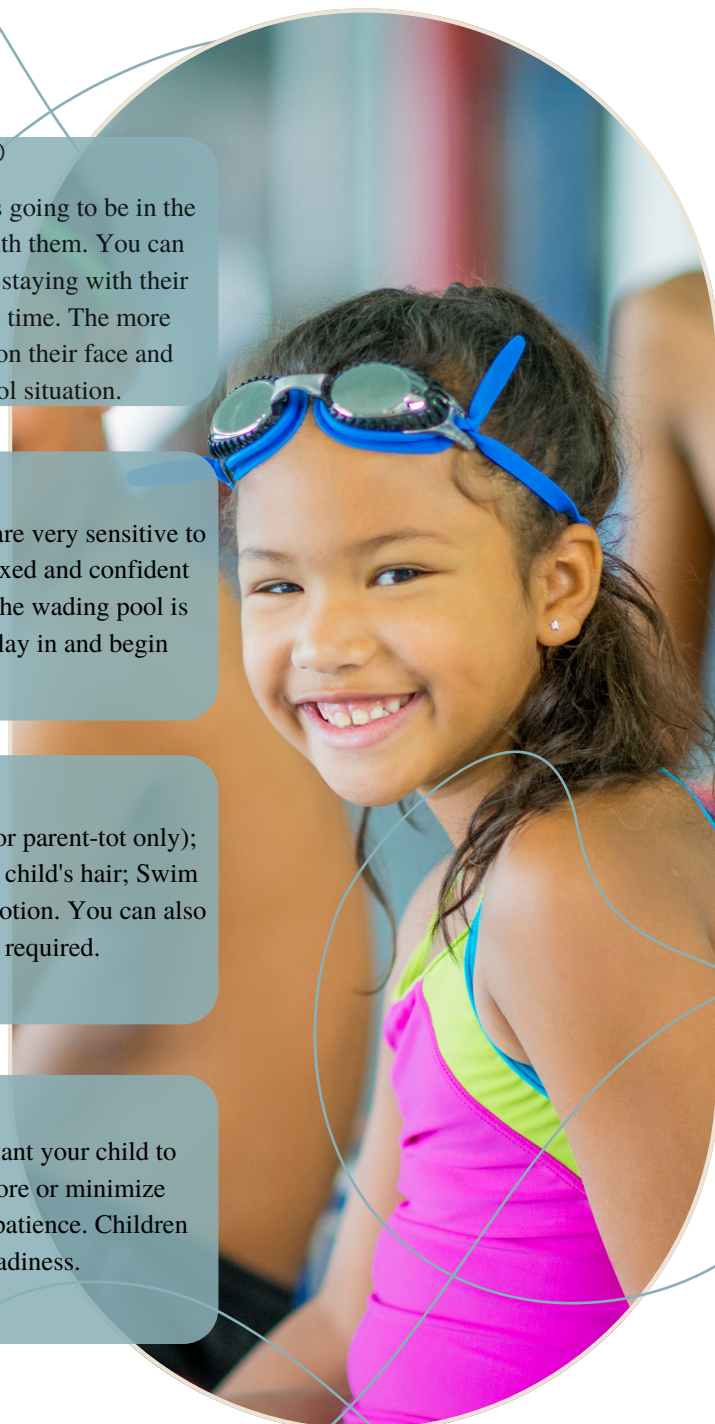
Be sure you are not feeling rushed and stressed. Children are very sensitive to their parent's body language and attitudes. The more relaxed and confident you are, the more calm and secure your child will feel. The wading pool is available for 5 minutes before lessons for children to play in and begin acclimating to the water before class.

## PACK THE ESSENTIALS

Be sure to pack the child's swimsuit; Parent's swimsuit (for parent-tot only); Towels for everyone; Accessories to tie back parent's and child's hair; Swim diaper and regular diaper if needed; Soap, Shampoo and Lotion. You can also bring goggles if you would like, but they are not required.

## GIVE LOTS OF PRAISE

Praise your child: After class, reinforce all skills you want your child to repeat. Reward effort as well as accomplishments. Ignore or minimize negative reactions to crying and temper tantrums. Have patience. Children will progress at their own rate in swimming readiness.



# WE LOOK FORWARD TO SEEING YOU IN LESSONS!