

# EXPLORING THE WATER WORLD

With

Babies and Young Children

## Learning Through Play and Imitation

Young children possess a natural curiosity and drive to explore their surroundings actively. As you embark on the journey of teaching your child to swim, you play a crucial role as their Guide in navigating and discovering the aquatic environment. By incorporating play and imitation into their swimming lessons, you can enhance their learning experience and overall development.

Here are some strategies to promote learning through play and imitation:

**Task-oriented Approach:** Give your child engaging tasks to solve in the water. This could involve reaching for floating objects, kicking their legs, or blowing bubbles. Setting achievable yet progressively challenging goals makes learning enjoyable, inspires curiosity, and motivates them to acquire new water skills.

**Suitable Toys and Props:** Choosing appropriate toys and props that align with your child's abilities and the lesson goals can include floatation devices, water-friendly balls, and colourful objects to encourage reaching and grasping. Toys not only make the learning process more interactive, but they can also enhance their motor skills and coordination.

**Encouraging Imitation:** Young Children and babies learn by observing and imitating those around them; when the parent demonstrates various skills like bubble blowing, the child mimics the behaviour.

**Physical manipulation** Plays an important role in all swimming teaching methods. This can include assisting the child in kicking their leg and arm movements or holding them in floating positions. You increase their confidence and motivation to learn by providing positive reinforcement and praise.

It's crucial to remember that children progress at their own pace. Move on to the next lesson only when you and your child feel comfortable and confident. You create a supportive and nurturing learning environment by allowing them to develop their skills progressively.

As a parent, you set the atmosphere for your child's swimming experience. This Guide provides you with valuable tips to foster a positive environment that promotes learning, growth, and enjoyment throughout your child's swimming journey.

Embrace the joy of learning through play and imitation, and witness your child flourish while they explore and engage with the water world.