

Granny's Guide to Swimming for Pre-School Children

*FROM - [GRANNY'S GUIDE TO SWIMMING FOR PRE-SCHOOL CHILDREN](#)

Cheryl Sibany. *Granny's Guide to Swimming for Pre-School Children*. Copyright © 2024. All rights reserved.



Water Babies Lessons 1-5

WATER BABIES LESSONS 1-5

Recommended For Babies 3-18 Months

ABOUT THE LESSONS

This program is designed to introduce your Baby to the aquatic environment as a new medium for play. Breath-holding and submersion skills are taught to provide an extra layer of protection, giving you more time to retrieve your Baby in the event of an unexpected fall into the water. Take all the time you need with each item. Don't forget this is all about fun.

Always read the entire lesson before beginning. Complete the activities at a comfortable pace for both you and your child. Repeat this lesson as often as needed, taking as much time as necessary to feel at ease with each item. Remember, young children thrive on repetition. Only progress to the next lesson when all items in the current lesson are mastered.

DEVELOPMENTALLY APPROPRIATE

If your child is differently abled, feel free to adapt or skip a skill to accommodate your child's needs. Focus on what your child can do and enjoy their progress. Consult your physician and physical therapist and choose skills from the lesson that are appropriate for your child's development.

FUN STUFF

Always begin and end the lesson with fun! Include songs and games that reinforce the lesson's content. Nursery Rhymes or water-themed songs help engage your Baby in the activity, and by repeating games and songs they are familiar with, they learn and enjoy the experience.

WATER BABIES: LESSON #1

LESSON PURPOSE: to create a comfortable environment in which to gently introduce your Baby to water.

RECOMMENDED IN-WATER TIME: 15-30 minutes. Gradually increase the in-water time to a maximum of 30 minutes.

SUGGESTED WATER TOYS: Rubber Duck, Small Ball, Medium Inflatable Beach Ball, Sponge, Plastic Cup and PFD.

NEW ITEMS IN THIS LESSON:

Entry & Exit Techniques	Breath Control Techniques	Floating Techniques
<ul style="list-style-type: none"> - Buddy Entry - Chest Hold - Seated Entry 	<ul style="list-style-type: none"> - Getting face wet - Chin in 	<ul style="list-style-type: none"> - Back Float with PFD - Front Float with PFD

GETTING WET *See Songs & Lyrics in Appendix A of *Granny's Guide to Swimming for Preschool Children*

- Hold your Baby upright in one arm, gently splash, scoop, and play with the water using your other hand. Encourage your Baby to move their hand in the water.
- Explore different movements in the water, such as moving side to side, backwards, and forwards.

For babies who can sit on their own

- Sit them in very shallow water, such as on the step of the pool and encourage them to splash the water and themselves.

ENTRY & EXIT TECHNIQUES

Buddy Entry¹ (Poolside and Docks)

- One adult holds their own Baby and yours while you enter the water.
- Your partner then hands you your Baby and theirs—ensure you have a secure hold on both.
- After receiving both babies, your partner joins you in the water and takes their child.

Chest Hold Entry¹(Beach entry and pools with a ramp or shallow steps)

- While holding the Baby close to your chest, walk into the water.
- Make sure to keep one hand free for balance as you walk.

Seated Entry¹ (Poolside and Docks)

¹ Appendix To Water Babies Lessons: 1-5

For babies who can sit on their own or are in a baby seat

- Keep straps in place for children in a baby seat until you are in the water and ready to lift them from the seat.
- Sit beside your Baby and place and ensure your child is stable while you slip in.
- Maintain eye contact.
- Once you are in the water, lift your Baby into the water with care.

To Exit - Reverse the entries described above.

BREATH CONTROL TECHNIQUES * for more information on this topic, see *Teaching Young Children Submersion Skills In Granny's Guide To Swimming For Preschool Children*

Important: Proceed at a comfortable pace, ensuring a gradual and gentle approach. Breath holding is a crucial safety skill needed to prevent unintended water aspiration.

Introducing breath-holding

- Hold your Baby in one arm and take their hand.
- Gently blow bubbles into their hand and encourage imitation.
- Maintain eye contact and provide reassurance through smiling and gentle conversation.
- In a calm and controlled manner, blow bubbles in the water near their face so they can see and hear the bubbles forming to encourage imitation.

Careful: Babies naturally suck in rather than blow out – blowing bubbles is a learned skill. During this exercise, discourage your child from drinking the water.

Chin in the water

- While holding your Baby under their arms, use the cue words, One-Two-Three, blow into their face, and lower their chin to touch the water.

Note: Babies will hold their breath when you blow into their faces. Try not to hesitate once you have said the cue words so that the cue words are connected to the action. Movements should be calm and smooth.

PFDS

- Before your in-water lesson begins, dry fit your child's PFD.
- At the beginning of the in-water lesson, lay your child on the deck, dock, or beach on an open PFD.
- Fasten the straps to secure them properly.

- Enter the water gradually, allowing your Baby to become familiar with the sensation of floating in the PFD.
- Start with a calm, peaceful back float, allowing your Baby to relax and get accustomed to the water.
- Pay attention to the groin strap; if the PFD rides too high and blocks your child's mouth, make adjustments to ensure their airway remains clear.
- Remember, PFDs are essential safety tools for young children in and around water. The more often used, the more comfortable they become.

FLOATING TECHNIQUES

Introducing Back Float with PFD, Technique 1 (a particularly good technique for young babies)

- Cradle your Baby with their ears out of the water
- Position your child so they can see your face
- Give them a toy to hold in their hands.
- Rock back and forth, allowing arms and legs to move freely.
- Gently remove your arms and allow them to float freely, supported only by the PFD.

Technique 2 (best technique for older babies and children)

- Place your Baby's head on your shoulder and position your face cheek-to-cheek with theirs.
- Give them a toy to hold in their hands.
- Allow their body to float freely with only the PFD for support
- When ready, remove your shoulder support.
- Stand up and look down at your Baby's face so they will look up and back at you. With their head tipped up and looking back, their body position is optimized for floating.

Introducing Front Float with PFD

- Stand beside your child and hold your child in a football hold or stand directly in front of them facing you.
- Practice front floating in a PFD by supporting your Baby's chin to keep their face out of the water and allow their body to float freely. Maintain eye contact.
- Encourage your Baby to explore movement and use the cue words kick-kick and paddle-paddle to encourage leg and arm movement.
- For more fun, add noisy bubble sounds.

FUN STUFF

- Before the first in-water lesson with your Baby, select a suitable floating plastic toy that your child can easily grasp.

- Use this toy during bath time, and after rinsing the toy to remove any bath products, use this toy during your in-water lessons.
- If your child can not hold the toy, you can use it as a prop in the water until they can use it themselves.
- Encourage your Baby to splash and submerge the toy in the water, allowing it to float away and enticing them to chase after it.

Note: Only progress to the next lesson when all items in this current lesson are mastered.

WATER BABIES: LESSON #2

LESSON PURPOSE: To create a comfortable environment in which to gently introduce breath-holding skills and improve comfort in a PFD.

RECOMMENDED IN-WATER TIME: 30 minutes.

SUGGESTED WATER TOYS: Rubber Duck, Small Ball, Medium Inflatable Beach Ball, Sponge, Plastic Cup and PFD.

NEW ITEMS IN THIS LESSON:

Entry & Exit Techniques	Breath Control Techniques	Floating Techniques	Movement Techniques
- Entry with PFD	- Chin & nose - Breath holding	- Back Float assisted	- Paddling and kicking front and back with PFDs

GETTING WET

Use sponges or cloth to squeeze water onto their hands and encourage them to reach for the stream of water as it drips from the sponge.

- Once they are comfortable, use your hands or objects such as a plastic cup or small bucket to move more water.
- Gradually work towards your child enjoying water over their face and head, building their comfort and confidence.

ENTRY & EXIT TECHNIQUES

Careful: Take extra care when your child is wearing a PFD, as the extra bulk may cause you to be unbalanced during entries or exits. Be particularly careful on wet surfaces.



Please note: The wrists and elbows of Babies and young children can dislocate easily if they are suspended from them. During entries and exits always lift by holding your child under the arms.

BREATH CONTROL TECHNIQUES

Introducing Submersion*²

² Teaching Young Children Submersion Skills In Granny's Guide To Swimming For Preschool Children

- Blow bubbles and hum in the water to encourage your Baby to imitate your actions.
- Move around to allow water to splash gently on their face.
- Hold your Baby face-to-face with your chins at water level.
- Use the cue words, One-Two-Three, blow into their face, and submerge their chin and nose.
- Parent and Baby submerge together, allowing the water to reach their nose.
- Move slowly, as quick movements will force water up the nose.
- Keep eye contact and smile to demonstrate your confidence and comfort.

Note: Invest in well-fitting goggles if you have difficulty keeping your eyes open underwater. Keeping your eyes open is essential for your child's safety.

FLOATING TECHNIQUES

- Begin with a back float in a PFD, as in lesson one
- Remove the PFD and continue to the next item, back Float.

Back Float Assisted

Tips: Sound is very different underwater; your voice will be muffled with their ears in the water. Ears should be either fully out of the water or entirely in the water, as the sloshing sound and feel can be uncomfortable, and keep smiling; this is fun and relaxing.

Technique 1 (a particularly good technique for young babies)

- Cradle your Baby with their ears out of the water.
- Position your child so they can see your face.
- Rock back and forth, allowing arms and legs to move freely.
- Slowly lower your Baby in the water, allowing their ears to submerge.
- Hold the far arm out from their body and gently move to position yourself with their head resting against your chest.
- Hold your Baby's hands out to the side in a T-shape
- Stand up and look down at your Baby's face so they will look up at you; this helps maintain their body position in the water.

Technique 2 (best technique for older babies and children)

- Place your Baby's head on your shoulder.
- Position your face cheek-to-cheek with theirs; ears are out of the water.
- Allow their body and legs to float freely.
- Slowly remove your shoulder support, allowing their ears to submerge.

- Hold your Baby's hands out to the side in a T-shape
- Stand up and look down at your Baby's face so they will look up at you; this helps maintain their body position in the water.

MOVEMENT TECHNIQUES

- While in the PFD, encourage your Baby to explore movement and use the cue words Kick-Kick and Paddle-Paddle while manipulating arms and legs to encourage movement.

FUN STUFF

- Always begin and end the lesson with fun. Include songs and games that reinforce the lesson's content.

Note: Only progress to the next lesson when all items in this current lesson are mastered.

WATER BABIES: LESSON #3

LESSON PURPOSE: to improve movement and independence while wearing a PFD and to introduce the steps to full Submersion.

RECOMMENDED IN-WATER TIME: 30 minutes

SUGGESTED WATER TOYS: Rubber Duck, Small Ball, Medium Inflatable Beach Ball, Sponge, Plastic Cups, teapot, watering can, pool noodles and PFD.

NEW ITEMS IN THIS LESSON:

Entry & Exit Techniques	Breath Control Techniques	Floating Techniques	Movement Techniques
<ul style="list-style-type: none"> - Fall-in, seated or standing. - Climb out - Walk In & Walkout 	<ul style="list-style-type: none"> - Full Submersion 	<ul style="list-style-type: none"> - Front Float assisted - Front and back tows 	<ul style="list-style-type: none"> - Front and back Swim with PFD

GETTING WET

- Start the lesson with waterplay using small plastic buckets and watering cans.

Game - Water Limbo

- As one partner holds a pool noodle horizontally, you and your child take turns ducking under it. Lower the noodle slightly with each round to heighten the challenge and excitement.

ENTRY & EXIT TECHNIQUES

Fall-in Entry (seated or standing)

- Place both hands under your child's arms.
- Use the word cue, One-Two-Three, then gently lower them headfirst into the water, allowing their chin to touch the water. Over time, this should be an independent skill with full submersion.

Climb-Out (pool or dock)

- Facing the pool deck, dock or step. The Baby hangs on the wall, dock, or top step.
- Place one hand on their bottom and encourage them to climb out. You may need to use one knee at the pool or dock edge for them to stand on. Over time, this should be an independent skill.

Walk-in Entry (Beach and shallow step entry pools) For older babies who can stand and walk

- Holding your child by the hand, walk into the water.
- Make sure to keep one hand free for balance as you walk.
- If a handrail is available, encourage your child to use the rail.

Walkout Exit

- Face the pool steps or beach entry
- Hold both hands and guide them to walk out

BREATH CONTROL TECHNIQUES

Submersion: Proceed at a comfortable pace, ensuring a gradual and gentle approach.

- Hold your Baby face-to-face with your chins at water level.
- Blow bubbles and hum in the water to encourage your Baby to imitate your actions.
- Move around to allow water to splash gently on their face.
- With chins at water level, use the word cue, One-Two-Three, then blow into your Baby's face, and Parent and Baby fully submerge together.
- Try not to hesitate; this will confuse your Baby. It is essential that your child connects the word cue to the expected action.
- Keep eye contact and smile to demonstrate your confidence and comfort.



Repeat this exercise at least one more time during the lesson but no more than three times.

FLOATING TECHNIQUES

Front Float Assisted, Technique 1 (a particularly good technique for young babies)

- Position Your Child in a Football Hold: Place your child's chest along your forearm, ensuring that one of their arms and one leg is on either side of your forearm. For added stability, keep your arm snug against your body.
- Support Their Chin: With the same hand cradling your child along your forearm, support their chin in the palm of your hand. This will keep their head stable and leave your other hand free.
- Align Your Faces: Position yourself so your faces are cheek-to-cheek

Technique 2 (for older babies and children)

- Secure a pool noodle under your child's arms and gently hold their upper arms, allowing the noodle to support their body as they float freely. Maintain eye contact to keep them engaged and reassured.

- Enhance the fun by making playful bubble sounds.

Front Tows, Technique 1 (a particularly good technique for young babies)

- Hold your child in a football hold by placing your Baby's chest on your forearm and holding their chin in your hand.
- Position your face cheek-to-cheek with theirs.
- Use your free hand to guide their hand movements, and say the cue words, paddle-paddle while moving their arms. Encourage them to kick their legs with the cue words Kick- Kick.
- Walk forward slowly, keeping your movements smooth.

Technique 2 (best technique for older babies and children)

- Start by having the child lie on their stomach in the water with their arms stretched out in front and resting on your shoulders. Crouch down so you have eye contact and your chin is in the water.
- Support them by placing your hands under their chest.
- Encourage your child to relax and maintain their body horizontally in the water. Their legs should float freely, and their head should be in a neutral position with their chin in the water looking at you.
- Walk backward slowly, keeping your movements smooth and encourage them to kick their legs with the cue word Kick- Kick.
- Keep talking to your child, reassuring and encouraging throughout the process.

Back Tows, Technique 1 (a particularly good technique for young babies)

- Cradle your Baby so they can see your face with their ears out of the water.
- Slowly lower your Baby in the water until their ears submerge. Keep support under the child's head and upper shoulders but allow the lower body and legs to float freely.
- Begin to walk sideways slowly, towing the child through the water. Use smooth and steady movements.
- Encourage them to kick with the cue words Kick- Kick.

Technique 2 (best technique for older babies and children)

- Have the child lie on their back in the water with their arms at their sides or stretched out in a T-shape for balance.
- Stand at the child's head and gently support their head and upper shoulders with your hands. You can use a light touch under their shoulder to help them maintain their body position and keep their face above water.

- Their head should be relaxed, with ears in the water and face looking up. They should maintain a flat position, with their hips up, at or near the surface of the water and legs extended.
- Walk slowly backward, towing the child through the water, using smooth and steady movements. Keep your hands under the child's head or upper shoulders, providing gentle support.
- Encourage them to kick with the cue word Kick- Kick.

MOVEMENT TECHNIQUES

Front Swim with PFD

Note: During this exercise, discourage your child from drinking the water.

- Practice front floating in a PFD by supporting your Baby's chin with one hand to keep their face out of the water and allow their body to float freely.
- If your Baby has good head control, remove your hand from under their chin and maintain eye contact. Add bubble-blowing for fun.
- Walk forward slowly, keeping your movements smooth. Encourage your Baby to explore movement and use the cue words Kick-Kick and Paddle-Paddle while manipulating arms and legs to encourage movement.
- Place a floating object in the water and move towards it; continue this game to encourage forward movement.

Back Swim with PFD

- Practice floating in a PFD
- Stand up and look down at your Baby's face so they will look up and back at you. Hold your Baby's hands out to the side. (T-shape)
- Encourage your Baby to explore movement and use the cue words Kick-Kick.
- Move around in the water to indicate movement.

Assisted Walking

- In very shallow water, support your child to stand
- Encourage your child to walk forward while maintaining good control by holding both of your child's hands as they experience buoyancy.

FUN STUFF

- Include songs and games that reinforce the lesson content.

WATER BABIES: LESSON #4

LESSON PURPOSE: Introduce underwater movement skills, independence in shallow water, and self-rescue skills.

RECOMMENDED IN-WATER TIME: 30 minutes

SUGGESTED WATER TOYS: Rubber Duck, Small Ball, Medium Inflatable Beach Ball, Sponge, Plastic Cup, Pool Noodles, PFD, and small brightly coloured sinkable toys.

NEW ITEMS IN THIS LESSON:

Entry & Exit Techniques	Breath Control Techniques	Movement Techniques
<ul style="list-style-type: none"> - Entry to back float (with PFD) and Exit. - Entry to back float and Exit. 	<ul style="list-style-type: none"> - Object Retrieval - Introduction to underwater passing 	<ul style="list-style-type: none"> - Sit & Stand and walk in shallow water

GETTING WET

- Begin the lesson with water play, incorporating activities that encourage reaching, grasping, sitting & standing, and walking.

ENTRY & EXIT TECHNIQUES

Entry to Back Float and Exit (with PFD)

- Gently Lower into Water: Position both hands under your child's arms. Using the word cue, one-two-three, gently lower them into the water headfirst, allowing their face to briefly submerge.
- Transition to Back Float: After submersion, smoothly bring your child to the surface onto their back. Support them as they adjust to floating in this position.
- Encourage your child to maintain the back float independently. Gradually extend the duration of the float as they become more comfortable and confident.
- Encourage your child to use their legs to kick towards the pool wall, dock, or steps.
- Once at the wall, help your child turn to face the pool deck, dock, or step. Assist them in holding onto the edge and then in climbing out.
- The goal is for your child to master these steps and perform them independently over time.

Entry to Back Float and Exit

- Repeat all of the steps above without PFD.

BREATH CONTROL TECHNIQUES

Object Retrieval

- In water no deeper than your child's waist, place sinking objects just out of reach and encourage them to reach for the objects.
- Hold your child's hand for these activities and encourage them to right themselves if they fall over.

Introduction to Underwater Passing (with a partner)

Proceed at a comfortable pace for you and your Baby.

- Positioning: Stand side by side with your partner, maintaining an arm's length distance between each other.
- First Pass: Using the word cue, One-Two-Three, you and your partner, along with the Baby, should submerge to chin level. At this point, pass the Baby smoothly from one parent to the other at the water's surface.
- Second Pass: Repeat the process by passing the Baby back from the partner to the parent. This time, fully submerge yourselves during the pass.



Repeat this exercise at least one more time but no more than three times per lesson.

MOVEMENT TECHNIQUES.

Sitting, Standing, and Walking in Shallow Water – (Beach and Shallow Step Entry Pools)

Young children should learn to stabilize themselves and regain balance after falling. This helps develop their confidence and safety skills in shallow water environments.

Activities:

- Sit and Stand: Practice sitting down gently in the shallow water and then standing up again. This helps them understand how to control their movements in water.
- Walk: Guide them through the shallow water, assisting them as needed. Focus on helping them maintain balance and coordination.
- Fall and Recover: Allow them to experience minor, controlled falls under supervision and teach them how to get back up. This builds their ability to recover independently in water.
- Use encouraging words and physical support as they learn these new skills.



Always stay within arm's reach and ensure the water is at a safe depth for your child's height.

FUN STUFF - Songs and games that reinforce the lesson's content.

Note: Only progress to the next lesson when all items in this current lesson are mastered.

WATER BABIES: LESSON #5

LESSON PURPOSE: to familiarize your Baby with the essential skills to manage an unexpected fall into the water.

RECOMMENDED IN-WATER TIME: 30 minutes.

SUGGESTED WATER TOYS: Rubber Duck, Small Ball, Medium Inflatable Beach Ball, Sponge, Plastic Cup, Pool Noodles, PFD, and small brightly coloured sinkable toys.

NEW ITEMS IN THIS LESSON:

Entry & Exit Techniques	Breath Control Techniques	Floating Techniques	Movement Techniques
<ul style="list-style-type: none"> - Fall-in Seated or Standing entry with PFD 	<ul style="list-style-type: none"> - Introducing Bobbing - Front underwater pass to partner - Object Recovery 	<ul style="list-style-type: none"> - Rollover, front to back (with PFD) - Rollover, front to back 	<ul style="list-style-type: none"> - Supported Front Swim - Supported Back Swim

GETTING WET:

- Begin the lesson with water play, incorporating activities that encourage reaching, grasping, sitting & standing, and walking.
- The Hokey Pokey (Song with Actions)

ENTRY & EXIT TECHNIQUES

Fall-in Seated or Standing Entry with PFD

- Stand an arm's length away from the pool wall or dock.
- Use the word cue, One-Two-Three, to encourage your child to fall forward into the water from a seated or standing position.
- Once they are in the water, guide them to a backfloat.
- Guide your child back to the entry point and encourage them to climb out independently.
- Most kids love this activity, frequently repeating this activity increases your child's comfort with their PFD.
- As your child becomes more confident, continue practicing by standing at arm's length from the wall, encouraging them to enter the water without immediate assistance.

BREATH CONTROL TECHNIQUES

Introducing Bobbing

- Start by reviewing bubbles at the water's surface to get comfortable with exhaling into the water.
- Use the word cue, One-Two-Three, then both fully submerge and blow bubbles underwater.
- Parent and child should submerge together, until the water level is above their eyes.
- Encourage your child to keep their eyes open during each submersion to build comfort with underwater visibility. Keeping one's eyes open while underwater is a vital self-rescue skill.
- Focus on exhaling Underwater and making bubbles. Teach your child to exhale longer than inhale, which is crucial for effective breath control in swimming.
- Move slowly while submerging. Quick movements can lead to water entering the nose unexpectedly, which can be uncomfortable and startling.
- Take a few moments to relax and prepare between each bob. This helps build endurance and comfort with the activity.

Note: Do not rush this essential skill. Spend ample time on each step to ensure your child feels comfortable and confident. This solid foundation in breath control is critical for developing swimming skills and self-rescue capabilities.



Repeat this exercise at least one more time but no more than three times per lesson.

Front Passing (with a partner)

- Review the passing technique covered in the previous lesson to reinforce the skill and ensure continuity.
- Position Participants: Have the parent and partner stand facing each other, approximately an arm's length apart. The parent should position themselves beside their Baby, aligning faces to be cheek-to-cheek, with both chins at water level. This helps maintain balance and ensures both are prepared for submersion.
- First Pass: Use the word cue, One-Two-Three, then fully submerge with your Baby.
- While underwater, smoothly pass the Baby to your partner.
- Second Pass: Repeat the process by passing the Baby back from the partner to the parent. This time, fully submerge yourselves during the pass.



Repeat this exercise at least one more time but no more than three times per lesson.

Object Recovery (independent skill)

- Place a sinkable object in shallow water so the Baby can sit or kneel and easily reach the object.
- Allow the Baby to retrieve the object on their own time. This is a self-discovery task.
- Over time, gradually move the object deeper to where their chin must go in to reach



Always stay within arm's reach and ensure the water is at a safe depth for your child's height.

FLOATING TECHNIQUES

- Review skills from the previous lesson.

Assisted Rollover, Front to Back

- Positioning: The parent stands beside the child, who begins floating on their front with a PFD. Hold their chin to keep the child's face above water.
- Guide to Back Float: To initiate the roll onto the back, gently cross one of the child's legs. With your other hand, reach the far wrist and carefully pull the arm in front of the child's body. This action will help facilitate the roll onto their back.
- Once on their back, praise the child and encourage them to relax into the back float, maintaining the position independently for 5-10 seconds.
- Move towards the pool exit, encouraging the child to kick and paddle to aid their movement through the water.
- One at the nearest exit encourage them to independently climb out.

Progression: Once your child can hold their breath, with their face in the water for 3-5 seconds, repeat the about sequence without a PFD.

MOVEMENT TECHNIQUES**Supported Front Swim, Technique 1** (a particularly good technique for young babies)

- Position Your Child in a Football Hold: Place your Baby's chest on your forearm and under one arm, ensuring their legs are free to move. This hold provides stability and comfort for your child while allowing them room to kick. Position your faces cheek-to-cheek.
- Use your free hand to gently guide your child's hand movements. Simultaneously, use the cue word, Paddle-Paddle, to encourage them to mimic swimming motions with their hands.

- Walk slowly forward while encouraging your Baby to kick.

Technique 2 (for older babies and children)

- **Secure the Pool Noodle:** Place a pool noodle under your child's arms, ensuring it wraps securely around their torso. This will provide support and help them maintain buoyancy.
- **Gentle Support:** Lightly hold your child's upper arms. This position allows them to float freely while giving you control to ensure their safety and comfort as they learn to balance in the water.
- **Maintain eye contact** to keep them engaged and reassured.
- Walk slowly backward while encouraging your Baby to explore movement and use the cue words Kick-Kick.

Supported Back Swim

- Place your Baby's head on your shoulder and position your face cheek-to-cheek with theirs, ears entirely in the water.
- Practice floating; allow arms and legs to float freely for 5-10 sec. while holding your Baby's hands out to the side. (T-shape)
- Move their arms closer to their side, stand up, and look down at your Baby's face so they will look up and back at you.
- Encourage your child to maintain a flat position, with their hips up, at or near the surface of the water and legs extended.
- Move backwards in the water to indicate movement.
- Encourage your Baby to explore movement with both arms and legs, using the cue words Kick-Kick and Paddle-Paddle.

FUN STUFF - Songs and games that reinforce the lesson content.

Object Chase

- While in a PFD, place a ball or other floating toy at arm's length and encourage them to grab the object.
- Support your Baby's chin out of the water unless they can do so on their own. Allow their body to float freely.
- Encourage your Baby's forward movement by using the cue words Kick-Kick and Paddle-Paddle while manipulating arms and legs to encourage movement.

APPENDIX

To Water Babies Lessons 1-5

<p>Buddy Entry</p>	<ul style="list-style-type: none"> • One Adult Holds Both Babies: Have one adult hold their own Baby and yours securely while standing on the poolside or dock. • You Enter the Water First: Enter the water safely. Once you are stable and ready, your partner hands over both babies to you. Ensure you have a secure and comfortable hold on each child. • Partner Joins and Takes Their Baby: After you have both babies, your partner enters the water. Once they are stable, hand their Baby back to them, ensuring they have a secure hold before letting go.
<p>Chest Hold</p>	<ul style="list-style-type: none"> • Hold the Baby Close: Securely hold the Baby close to your chest with one arm, ensuring they are comfortable and safe. • Enter the Water: Carefully Walk into the water. Keep your other hand free as you enter to help maintain balance and navigate the changing water depth.
<p>Seated Entry</p>	<ul style="list-style-type: none"> • Secure Baby in Seat: If your child is in a baby seat, ensure they are securely strapped in. Keep the straps fastened until you are in the water and ready to lift them out. • Sit Beside Your Baby: Position yourself next to your Baby, ensuring they are stable. Carefully slip into the water while maintaining close proximity to your child. • Maintain Eye Contact: Keep eye contact with your Baby throughout the process to reassure them and monitor their comfort. • Lift Your Baby into the Water: Once you are securely in the water, gently lift your Baby from the seat or their seated position into the water, handling them with care.
<p>Football Hold</p>	<ul style="list-style-type: none"> • Position Your Child in a Football Hold: Place your child's chest along your forearm, ensuring that one of their arms and one leg is on either side of your forearm. For added stability, keep your arm snug against your body. • Support Their Chin: With the same hand, cradle your child along your forearm and support their chin in the palm of your hand. This will keep their head stable and leave your other hand free.