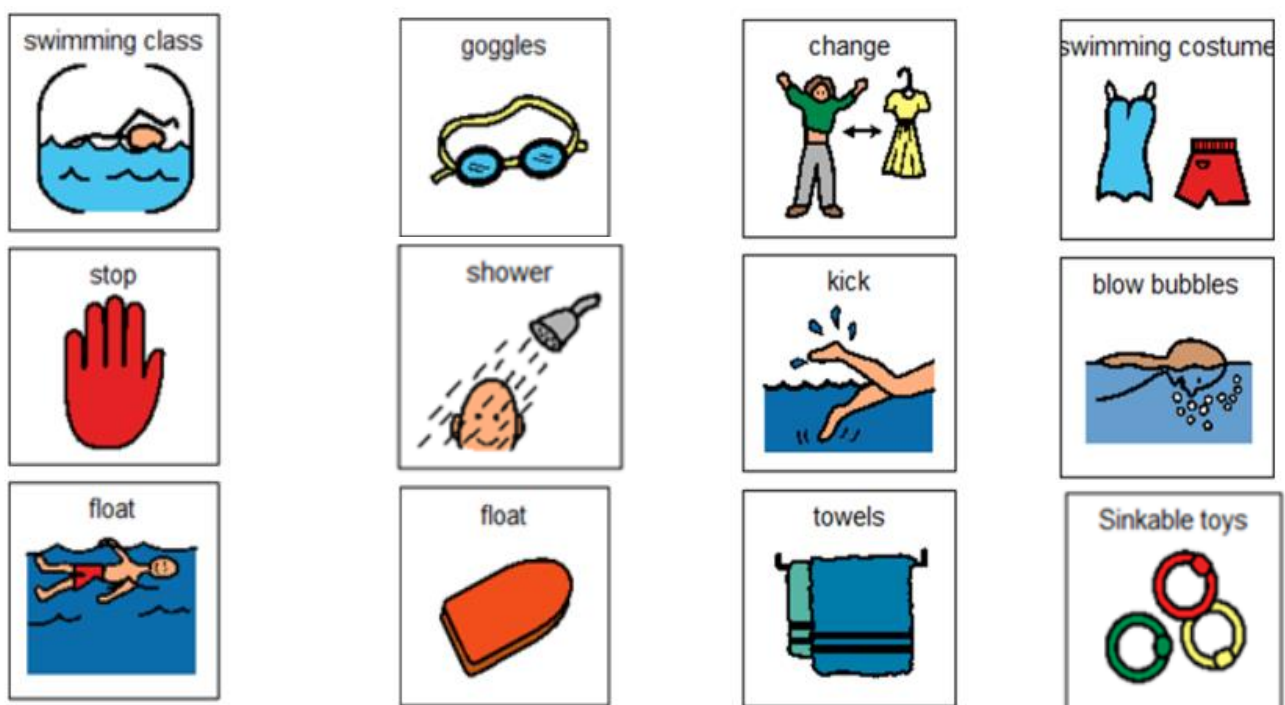


How to prepare your child for swimming lessons:

- Swimming teachers will know how to help a child with a fear of water, this may take some time so be patient. Some things to try at home before their first lesson or even as practices after are the following:
 1. Washing their face
 2. Putting water over their head with verbal or visual cues
 3. Blowing bubbles with a straw or with their mouth into a bowl of water
 4. Sitting on the sofa kicking with long straight legs
- If you have a visual timetable at home, adding swimming to this can help prepare them
- Practice getting ready for swimming and making up a routine beforehand so it is not all completely new.
- Using a social story to help communicate to your child can help prepare the. One is included below.
- Your child might respond better to pictures. These can be photos that you've taken yourself of your child whilst swimming. We have attached the commonly used symbols for swimming lessons below.
- You could use objects of reference to help your child understand what they will be doing. These are normally objects that represent an event or activity. An example of these could be a swimming costume or a swimming bag that would represent 'swimming lessons' to your child. By showing them this object, you are letting them know that they are going to swimming lessons. You can pick an object that works best with your child.






Useful Symbols



Basic Social Story

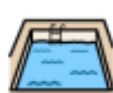



     
On Saturday I will be going to a swimming lesson.

       
I will need my swimming costume, goggles and a towel.

     
It will be warm in the swimming pool and it might be a

 
little loud.

        
I must make sure I am sensible and walk around the

   
swimming pool because the sides can be slippery.

Things I will use in my swimming lesson



Floats



noodles



toys



sinkers