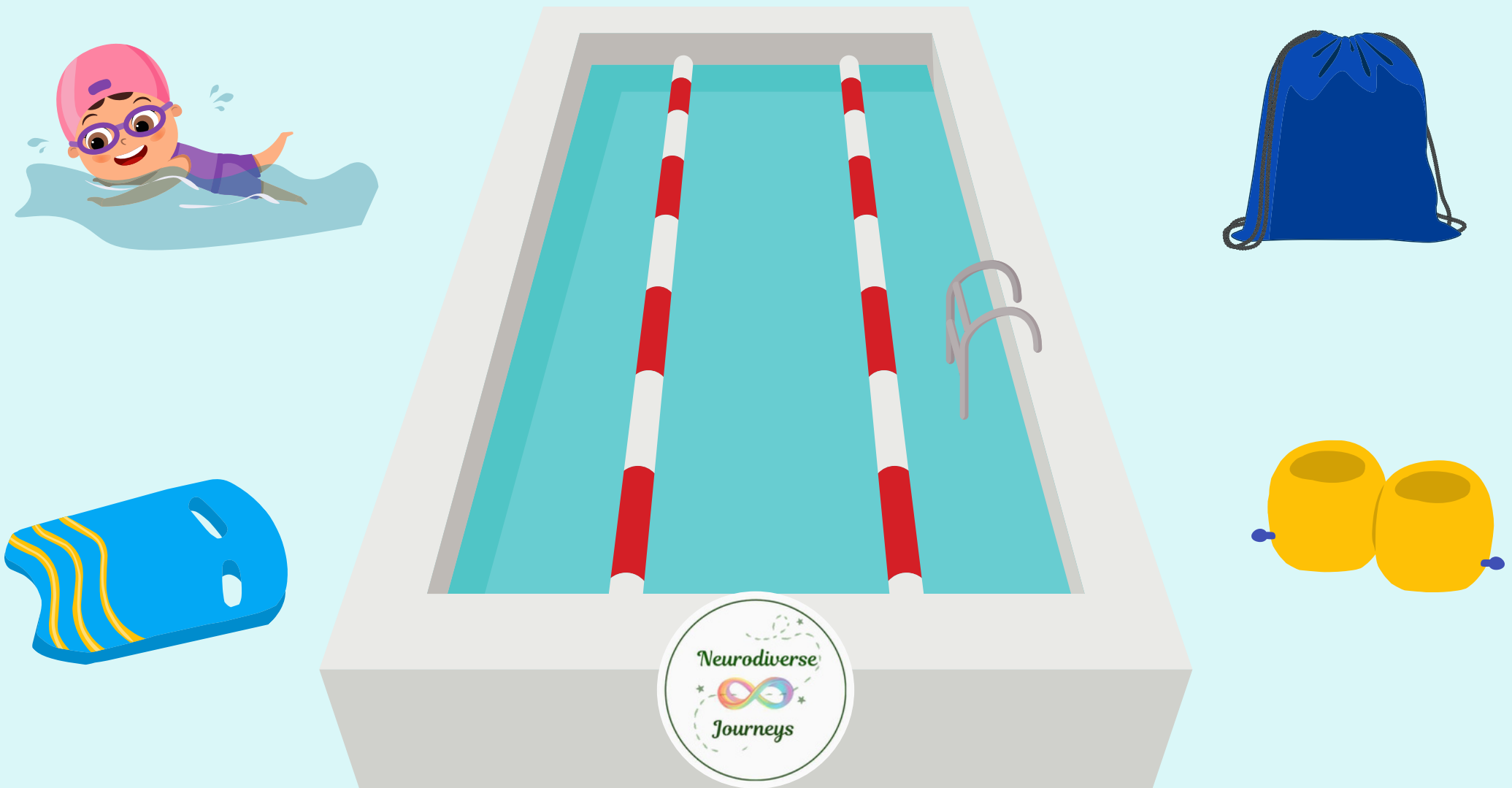
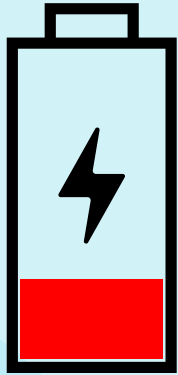


**“It’s just a swimming lesson”**



**Actually there is so much more going on under the surface.....**

# Possible causes of dysregulation



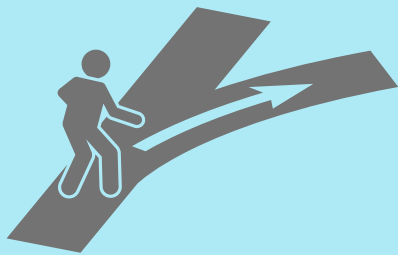
**Less recharge  
time**



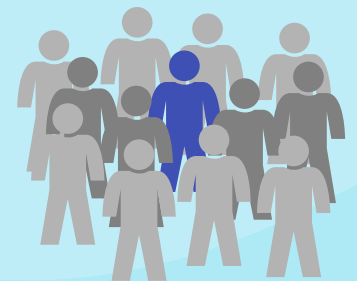
**Extra  
transitions**



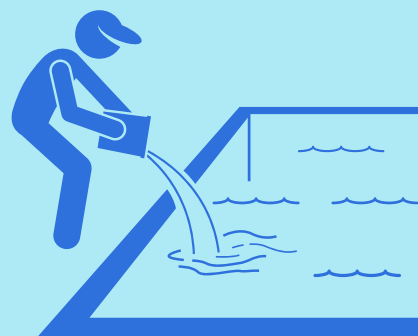
**Additional  
tasks**



**Change of usual  
routine**



**Busy changing  
rooms**



**Strong smells**



**Different  
teachers**



**People  
watching**



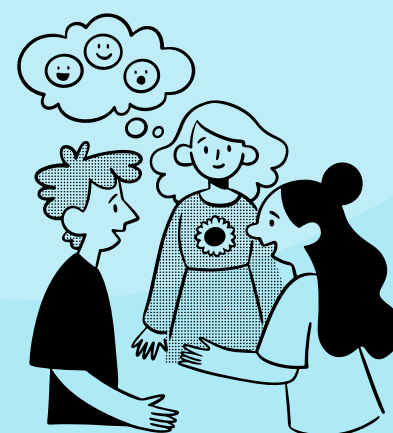
**New  
students**



**Things to  
remember**



**Missing  
snack time**



**Social  
element**



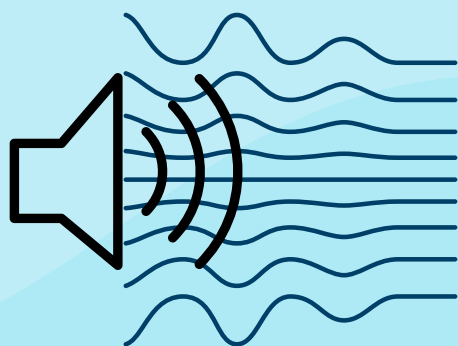
**Pressure to  
focus**



**Loosing familiar  
peers**



**Unknown  
lesson plan**



**Echoey loud  
noises**



**Water sensory  
experience**



**Learning  
expectations**

# What supports may help?



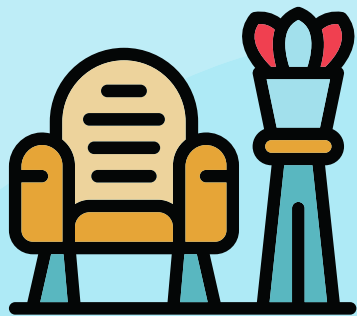
Lesson plan in advance



Smaller classes



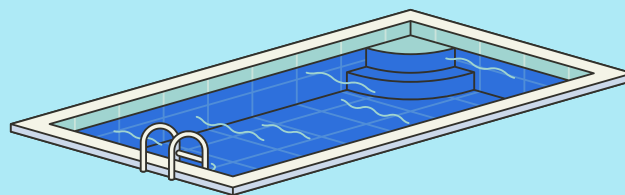
Research teaching styles



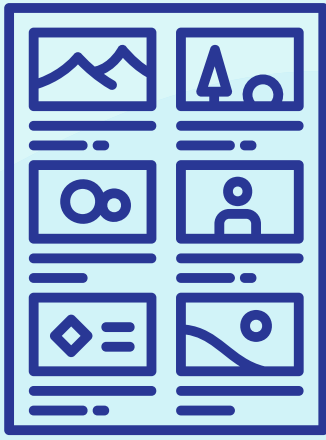
Arriving early when quieter



Comfort clothing to change into



Hydrotherapy pools



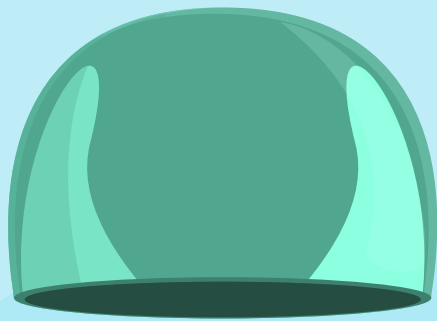
Visual storys



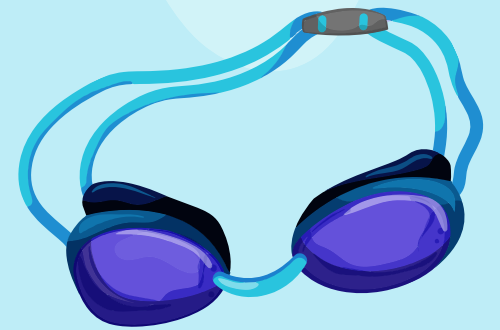
Snack ready  
after swim



1-1 lessons



Fabric  
swimming hat



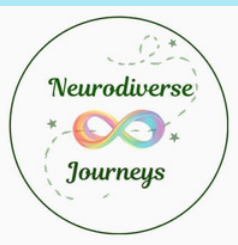
Goggles



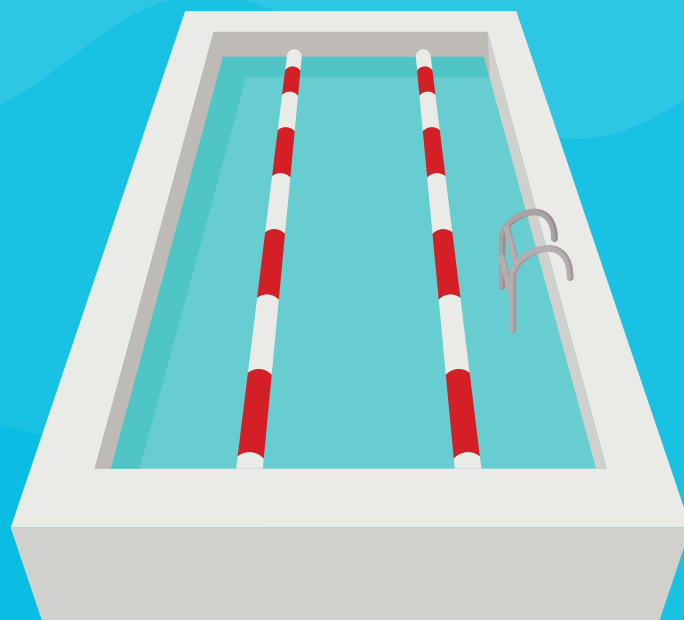
Swimmers ear  
plugs

# Tips I have found helpful:

- ☞ What someone can do with ease one day, they may not be able to do at all the next.
- ☞ When it comes to activities for yourself or others, you are paying for 'access' to those experiences.
- ☞ Its okay to miss a lesson or two or three. It's also okay to take a break and start up again when things are less overwhelming.



**What are your  
experiences of  
swimming lessons?**



**What supports have  
helped you or your  
family?**