

Waterbabies

State swim waterbabies online introductory talk available at www.stateswim.com.au



MORE GOOD REASONS FOR TEACHING BABIES TO SWIM THE STATE SWIM WAY

1. Babies less than one year accept the water more readily than older children.
2. Fear of water is acquired as children grow older. The sooner they are able to get into the water the better.
3. Babies exercise more muscles in the water than on land as they are less restricted by gravity and weight bearing.
4. Babies develop muscle strength that is critical for motor skills throughout their developmental years. Particularly arm strength which has been identified as lacking in western societies.
5. Children develop cardiovascular fitness through the increased ability to move their limbs.
6. Early mastery of water movement gives children a head start in learning basic swimming skills.
7. Warm water and exercise relaxes babies and stimulates the appetite which means babies generally sleep and eat better on swimming days.
8. Babies flourish with the focused attention from their parents or guardians and parents confess it is often the only time they have 30 minutes of uninterrupted time with their baby.
9. As psychologists suggest, the skin on skin contact attained through swimming lessons aids to deepen the bond between parent and child.
10. The State Swim water quality is the best you will find, combining technology with nature through the use of specialised UV filtration. It is gentle on skin and eyes particularly for babies. The water and air temperature is set to provide a conducive, comfortable learning environment.
11. Social interaction – You will meet other parents and children in your local community.



PARENT & CHILD CLASS

Recommended age 6 months - 2½ years

The purpose of the waterbabies class is to introduce your baby to the aquatic environment through the use of rhymes and activities. Together you will develop skills to allow your child to be as safe as possible in and around water. Above all else your child will be developing a respect for water that they otherwise would not have. Children who do not develop this respect may become overly fearful around water resulting in panic and a lack of reactive instincts.

It is VERY important to understand that no child is drown proof and adults must be vigilant around water at all times providing attentive supervision. Children should never be left around water unattended.

Participating in a waterbabies class has been associated with a number of other benefits including social interaction, parent/child bonding, mental stimulation, freedom of movement and the opportunity for your baby to move independently.

Research from Griffith University in Queensland has shown that children who attend good quality swimming lessons from an early age achieve many milestones sooner than those who do not.

In this study the benefits of swimming were shown to be:

- Improved motor coordination including milestones being achieved earlier
- Better numeracy and literacy than those who did not swim
- Improved language development and
- Improved cardiovascular fitness

DO'S AND DON'TS

- DO view the parent online information video located on My Swim Zone, www.stateswim.com.au
- DO ensure your baby is wearing a swimmers nappy for their lesson
- DO keep your baby warm following their swimming lesson particularly in cooler months
- DO NOT attend swimming lessons if you or your baby are sick
- DO NOT feed your baby less than 30 min prior to your lesson



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