



## Welcome to the Penguin Class!

This can be a very challenging time for some children as they learn the basics of water confidence. Some need to overcome a fear of water and being submerged. As parents, you help your children learn to read, ride bikes as well as many other activities – you can also help them with learning to swim even if you don't have a pool at home.

### Here are some homework tips for the beginner:

- Allow your child to wear their goggles in the bath and practice putting their face in the water holding their breath. Head position is vital to ensure they don't get water up their nose. Make sure that the child leans forward and puts their face in the water.
- Count aloud – seeing how long your child can keep their face in the water. Challenge your child to increase the time as their confidence grows.
- Teach your child to blow slow, soft bubbles in the water using a straw.
- Show your child the correct shape of their mouth in the mirror – the lips should be in the shape of a small 'o'.
- Ask your child to take a big breath, hold it and then blow slowly into your hand. You will then be able to check whether they are releasing their air correctly. Once your child has mastered this, ask them to do the same thing with their face in the water.
- Put some sinking objects in the bath and encourage your child to put their face in the water and look for them. (Remind your child to keep their mouth closed.)
- Your child can practice kicking by lying on a bed or across a chair. Keeping the legs relaxed, we are aiming for nice loose ankles. Stiff legs with toes pointed down will cause the legs to sink and result in little forward propulsion.
- You can also encourage your child to float in the bath. Use your hand to support the back of their neck if they are a little tentative and encourage them to lie back in the water with their ears in the water. Encourage them to allow the rest of their body to float to the surface. Your child must be relaxed in the water to do this successfully so you will need to encourage and reassure them to sufficiently build their confidence.
- Practice kicking on their back – small, fast kicks with only the toes breaking the surface, not the knees. Encourage your child to point their toes whilst kicking.

**DO NOT PUSH TOO HARD. ENCOURAGE YOUR CHILD SLOWLY. AS YOUR CHILD BECOMES MORE CONFIDENT YOU WILL FIND THAT HE/SHE WILL HAPPILY ATTEMPT THESE ACTIVITIES. BE PATIENT AND ALWAYS BE POSITIVE WITH YOUR CHILD'S EFFORTS. THEY ALL LEARN TO SWIM – IT'S JUST THAT SOME TAKE A LITTLE LONGER TO DEVELOP THEIR CONFIDENCE. YOUR CHILD WILL REQUIRE SUPERVISION AT ALL TIMES WHILST PRACTICING THESE SKILLS.**