

ARTICLES BY SUE

PARENTS IN THE POOL

For our younger swimmers, we strongly encourage you as parents to enjoy the lesson with your child. It is a great way to help your child to build trust and confidence in you as the parent, as well as the water. It helps you to learn their capabilities and be there to encourage and extend them. It also means that your child can swim for the full ½ hour rather than having to wait for a turn (hence only having a 7 minute lesson!).

We also encourage you to stay in the water until your child is ready for you to leave (and this is different for every child). A child who is anxious and fretting because you are not in the water will not learn as quickly and easily as if you were there. We aim for stress free, child-ready transition to a no-parent class.

We also like this transition to coincide with the child's ability to wait, listen and be able to swim on their front and/or back independently to the wall or platform ie. for all the Yellow Comfort Levels (1-4). This is also important for your child if there is a new baby in the family, as this is **THEIR SPECIAL TIME** with Mum). However, as Laurie Lawrence says in his DVD (that you all have) "The parents body language determines how relaxed the baby is". This also applies to our younger swimmers trying to learn to trust the water. Several of our parents are not comfortable in the water (for various reasons) and so we never force anyone to come in.

We prefer you to join in your child's fun so that your child gets maximum benefit from the lessons, but we never force anyone.

We want you all to enjoy your time here.

We also offer **ADULT LESSONS** for any of our parents who are not confident in the water (plus you can practice with your child in their lesson and become 'jellyfish' together).