



Sue Pryor Swimming

Winter Newsletter

June 2010

CRYING BABIES

Swimming must be a pleasurable experience for your bub.

We have many options to accommodate sleep times and feeds so please try to learn your babies needs.

In water if they start to cry distract them, change activities, give them a toy, remove them from the group etc. Try anything to stop the crying, if they are left to cry too long and too often they will come to associate water and crying therefore not liking the water.

Babies are only aware of their immediate environment and quickly forget. If an action is repeated (especially if it involves pleasure or **discomfort**) they may start to anticipate it and recognise the events associated with it.

If bubs cries in the last 5 minutes of the lesson every week, then they are probably hungry/tired/both so please take your bub out of the lesson early before they begin to get really upset and therefore forming a negative association with the water. If they cry through an activity then modify it/change activities. Keep your baby working on one of our skills where possible.

If one baby cries then the rest copy. Don't force an activity if it makes them cry - try it again later in the lesson or in future lessons. They all go through different stages in their development so there will be a time where that activity is ok.

Bubs under 12 months constantly check adults response so it is important that the adult in the pool with them is happy and confident. They place their trust in you as the adult and need you to help them socially, emotionally and physically. Your smile makes them feel good and helps them to grow and develop.

They will copy your actions, reactions and emotions. If you are concerned, they will be too. If you are happy and confident, they will copy that.

Children 30-42 months allow the child to experience success and praise develops confidence and self esteem. Encouraging independence and self directed behaviour within limits of safety and respecting rights of others will help develop autonomy and self control. They are fiercely independent and like to try by themselves, regardless of how well it was achieved. Routine is important.

Rob McKay 'Learning to Swim' - "Parents - don't send mixed messages eg. don't force your child to carry out a manoeuvre and then gives them a hug or a kiss".

Use encouragement rather than coercion. You should watch and interpret your child's body language very carefully - especially if they are too young to speak as this will help you to assess their comfort level and whether they are happy with the skills or games that you are practising. If your child is clinging to you, it means they are not ready and need more time to adjust to a new situation. Don't rush them or push them away from you, but give them the security they are seeking".

It is NOT A COMPETITION they all develop at their own unique pace but along set developmental lines.

Transition - If parent is not 100% positive about the transition, the child is likely to be anxious.

The toddler must have developed social and communication skills to cope independently in small group situations.

Wait and take turns is crucial. They need words to express fear, discomfort, choice etc. - the teacher can't be expected to read their body language.

They must be willing to be separated and listen to another adult is important rather than looking at a parent for approval (they must look at the teacher for it).

We all have 'bad' days - kids do too - base their swimming session on what they are able give on that day. Let them get over their 'bad' day as easily as possible, while keeping them happy in the water. We have bad days too! How well do we cope when this is happening?

Body language!! They pick up on slight changes, tension/relaxation etc.

Be patient and read their body language to determine their comfort, happiness and readiness. Don't let them see your disappointment/anger/frustration. Try another tactic or skill. So as not to intimidate, shorten the time and exposure to a new skill to the point where it looks like fun and worth trying.

A relaxed positive journey to swimming will put your child in the right frame of mind for a happy enjoyable lesson.

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Diary Dates: 2010

TERM 2: Last day of lessons
Mon 28/6

TERM 3: Mon 19/7 - Sat 25/9
10 week term

TERM 4: Mon 11/10 - Sat 11/12
9 week term

Term 3 2010
Swimming Lessons

10 week term fee

\$165 for 1st child

\$157 for 2nd child

\$149 for 3rd+ child

Aquarobics

\$11 per 1 hour session

Lap Swimming

\$5.50 standard rate

\$4.40 concession rate

Pool hire - for 1/2 hour

\$16.50 up to 7 swimmers

\$25.00 for 7+ swimmers

MESSAGE FROM OLYMPIC COACHES

- 1) BODY POSITION is crucial!!**
(this means lots of floating/ balance practices).
- 2) Brenton Rickard's coach** - Vince Raleigh "Teach correct skills and technique from the beginning".
- 3) Stephan Widmer** (Libby's coach) - "float with the lungs to create the body position".

As from Term 3 Paul will be taking Tessa's Saturday morning classes

2 YEAR OLD CHILDREN AND INDEPENDENCE

Do you want to go swimming? **NO!!!**
Do you want to play outside? **NO!!!**

This is the typical answer a 2 year old will give whether they want it or not. They are too young to know but they like to assert and test out their independence. They will say **NO** whether they mean it or not.

They are also still very insecure and need the guidance of an adult especially the parents.

It is a demanding time but short lived. They still need security so that they have the confidence to branch out while seeking independence.

Certainly let them choose, but give them options with carefully worded questions eg 'do you want to take your blue towel or the green one to swimming' **NOT** 'do you want to go swimming?'

You are the adult and make the important decisions about what is best for your child, but you need to let them show their independence so choose your questions carefully.

You know they need to go swimming so that is not the issue. The choice comes in smaller things eg will we take the car or walk?

They need you to be firm and in control of them for security while allowing some freedom of choice.

TERM 3 and HOLIDAY LESSONS

Sue is starting to plan *Term 3* and *holiday lessons* and would like to know **ASAP** what your needs are for both these times.

Please let the office staff know if you

- 1) wish to stay the same for Term 3 2010
- 2) wish to change times for Term 3 2010
- 3) are interested in holiday lessons (in the second week of the school holidays)?

REVISION OF COMFORT SKILLS

Occasionally you will see your child revising comfort skills previously learnt. It is easy to assume that they will remember but that isn't always the case.

Comfort in all depths, 7 second breath holding and Humpty Dumpty are the main skills which we tend to assume will continue, but they don't always.

Don't be alarmed if you see this happening during the lesson.

Revision of life saving skills is vital (and fun!).

INDEPENDENCE

Have you noticed in lessons that your previously happy child suddenly doesn't want to go under the water. They start to arch their backs, pull their heads up, refuse to go, etc. They are starting to resist.

Our immediate reaction is 'They don't like to swim anymore'.

What they are actually trying to say is 'I don't want you to initiate the submersion, I want to do it myself!'

'I want to do it when I want to do it, not you doing it'.

We as adults need to find out where they want to swim. It may be to mum, away from mum, to a particular toy, to the wall, to the steps, etc.

Once we have worked that out,

LET THEM INITIATE THE SWIM.

It may take longer while they decide and focus on other things.

We need to still help and guide, and be there for them but let them initiate the swim so that it is under their control.

We need to go slowly with them as fast moves in the water can cause panic. Let them float off your hands rather than be pushed off so that they are

BALANCED AND COMFORTABLE

Once this happens and they feel **IN CONTROL**

they will start to venture out and **EXPERIMENT.**

Let them glide rather than add a kick which can create panic. Let them

FEEL THE WATER

and what it can do. Let them balance and then they will initiate the movement.

Learning to swim is like learning to walk. They must initiate it themselves, be comfortable and progress at their own pace.

GOOD LUCK

IT IS WORTH THE EFFORT

AQUAROBICS

*We hold 1 hour sessions
4 times a week*

*Tuesday and Thursday 5:30pm
Wednesday and Friday 9:30am*

Aquarobic exercises generally uses more energy than land-based exercises. Aerobics in the water also supports the body and reduces the risk of muscle or joint injury.

Floation places less stress on joints while stretching and can allow easier motion than standing.

CONFERENCE REPORT

Sue and Colleen have just returned from the annual International Coaches and Teachers conference on the Gold Coast. Colleen was amazed at the amount of information provided by the many speakers, especially regarding strokes and safer swimming strategies.

A new initiative by Swim Australia was introduced and discussed and Sue will be implementing it in a few weeks when we traditionally have Safety Week. It will now be called **SwimSAFER** Week and will include all the usual features with some added extras.

All families with pre-schoolers will be given a free **SwimSAFER** booklet (it is already displayed on the large notice-board) and parents will be requested to be even more actively involved in our **SwimSAFER** lessons. This term the theme is PFD's. If your child has their own, please bring it in week 8 along with your clothes (more details closer to the date).

Sue and Colleen attended the Swim Australia Awards dinner, hosted by Hayley Lewis and they were pleasantly surprised to discover that Sue Pryor Swimming is the

MOST ENVIRONMENTALLY FRIENDLY SWIM SCHOOL IN AUSTRALIA!!!

This award was presented by Tracey Wickham and Emily Seebohm (Olympic backstroke champion) and is displayed in the office window at the moment until we find a permanent home for it. Attached will be the list of all the ways that we are environmentally friendly, including all our 4 bins outside.

We also visited 4 of Brisbane's best Swim Schools and re-confirmed that we are as good as them and in many ways, better. Colleen has returned more convinced that our method is good and works well.

Ask Colleen what advice she gave Jade Edmiston (past World Champion 50m breaststroker)!

COURSES COMING UP

Baby & Toddlers (B&T)

Teacher accreditation course

July 18 at Sue's Pool

Sept 18 at Broken Hill

Dec 19 at Sue's Pool

CS (Competitive Strokes-basic coaching)

August 1 at Sue's Pool

Dec 5 at Sue's Pool

SAT (General Teacher Accreditation)

Dec 12 at Sue's Pool