



## Frequently Asked Questions

What should I do if my child cries and is afraid at swimming lessons?

- Acknowledge that you understand that the child is afraid.
- Tell the child that you know they can do the skills/techniques the instructor is asking them to try.
- Swim at the pool sometime other than swimming lessons, and even prior to the first day of class, so the environment will be familiar.
- Be persistent and don't give up! Crying is usually toughest on the parent. After the first couple of lessons, children usually become comfortable in the class.
- Be sure to share with the instructor if the child has had any negative experiences in an aquatic environment.
- Tell the child that you would really like to stay and watch the class, but you can only do so if the child is paying attention and doing what the instructor asks. Some children are crying for the benefit of Mom or Dad. If this is the case, it might be best for parents to stay somewhere where the child cannot see the parent, but the parent can still observe the lesson.

My child does not seem to be learning and progressing in the lessons as quickly as some of the other children. Why is this?

- Children progress at their own pace.
- Children sometimes reach developmental plateaus due to body type, a growth spurt, muscle development or the child's motivation to be in the class. Usually a little additional growth will help solve the problem.
- We encourage both the parent and the child to be patient, and to spend some time enjoying the skills the child has already mastered.

Sometimes it seems like the instructor is playing a lot of silly games in the class. Why is that?

- Children learn through play.
- Games and songs are used to reinforce skills that have been taught to the children.

My child will not put his face in the water. What can I do?

- It is important to encourage children to put their face in the water as soon as possible. By allowing children to put off this skill makes a bigger deal out of it than it really should be. Work on humming, making a silly frog face or picking up/peering at "treasures" from the shallow end of the pool or tub.
- Buy a disposable underwater camera. You can use this to take the child's picture if they go underwater. It may also work to entice a reluctant child to put their face in the water.

My child is having difficulty floating on his back.

- Many children initially have difficulty with this skill due to lower body fat, or an inability to relax in the water. Practice this skill with your child by placing the child's head on your shoulder while in the water, and allowing the rest of his body to be supported by the water.
- Placing sunglasses on the child may make the child more comfortable thereby increasing their ability to relax. Some children will float better if they bend their knees slightly or place their arms overhead with the fingertips out of the water.

My child is working on rotary breathing. She lifts her head out of the water but seems unable to get a breath before returning her head to the water.

- Make sure your child is continuing to kick as she tries to get a breath. Encourage her to say a word, like her favorite food, as she lifts her head from the water. That way you will know that she has taken a breath.