

Parent Education Video

“Tub Time Tips”

Preparing your child for swimming lessons

Swimming is a life-saving skill.

Research shows that swimming at a young age improves motor development, accelerates cognitive development and enhances neurological development.

It's never too early to prepare for swimming lessons.

Our “**Tub Time Tips**” video is designed to educate parents and caregivers about skills to work on with your child in the bathtub. Practicing these skills in a warm, nurturing environment can make the transition from bathtub to pool run smoothly. You can start as soon as the umbilical chord falls off. As always, check with your pediatrician first.

Prepare the bathroom ahead of time:

- Create a warm, loving environment. (If your house is cold, turn on the heater)
- Make sure there are non-slip rugs on the floor because it can get very slippery.
- Take your jewelry off so you don't accidentally scrape your baby.
- If you have pets that are distracting, put them outside or in another room.
- Silence your phone, but keep it near. (If you have a land line, that's even better)
- Have warm, fluffy towels ready.
- Put the baby soap, washcloth and a small cup or bowl on the side of the tub.
- The water temperature should be about 90-98 degrees. Before getting in, move the water around with your hand and check the temperature with your elbow.



Safety:

When you are anywhere near water, be 100% present. Do not attempt to multi-task and NEVER leave your child unattended in or near water.

Stay current on infant, child and adult rescue breathing, choking and CPR skills.



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Getting in and out of the tub:

Hold the baby at all times so he doesn't slip, fall over or accidentally submerge. When taking him in and out of the tub, hold him (with his back to you) firmly in one arm, supporting his neck and head. Use the other arm to get in and out of the water. For added safety measures, put the baby in a secure infant seat next to the bathtub as you get in and out. If someone else is available, have him hand the baby to you.

In the tub:

- Sit down and hold the baby between/ on your legs in a horizontal position. Place your hands under his armpits, with your hands behind and your thumbs in front. . Turn your palms together to cup his chin and prevent his face from dropping into the water. Do not allow his face to submerge.
- The baby will feed off what you're doing and how you're feeling, so relax. If he gets fussy, change the position.
- Use a relaxed grip to keep him balanced while moving him through the water. Use slow, gentle, deliberate movements.



Disclaimer:

The information provided does not replace the advice of a medical professional. Not all suggestions provided are suitable for all babies. If you have concerns about your baby's water safety or water readiness, please discuss this with your baby's physician. Advice is intended to provide educational information only.